

紅楓傳奇
2022
CHINESE CANADIAN
Legend
泰然處逆懷希望 以愛為綱締傳奇
Life goes on Love wins all
第二十一輯 Volume 21

2022年度紅楓傳奇人物

陳林瑞玲　連接華人與加拿大社會的橋梁
吳振紅　突破局限　創造歷史
梁立安　信仰的力量
盧少峯　立業安居成熱愛
推己及人惠社群
譚詠詩　打破壁壘　擁抱機會
黃明亮　逆境順境　懷抱光明
關愛社群　點亮人生



Chinese Canadian Legends Association
紅楓傳奇協會

榮譽出版及發行

紅楓傳奇
Chinese Canadian Legend

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封面設計　黃靖雯
內頁設計　何冠文
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Chinese Canadian Legend 2022

presented by

Chinese Canadian Legends Association

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The Honourable Dr. Vivienne Poy

The Honourable Philip Lee

Organizing Committee Co-Chairs

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Alexandra Ngan

Selection Committee Chair

Stanley Kwan

Editorial Committee Chair

Stephen Siu

Operation Committee Chair

Glenn Chan

President

Bammy Wong

Secretary

Viola Poon

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PRIME MINISTER · PREMIER MINISTRE

October 29, 2022

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the Chinese Canadian Legend 2022 Award Gala.

This annual event provides a wonderful opportunity to pay tribute to leaders in the Chinese Canadian community. I join with everyone in attendance in congratulating this year's award recipients. Your many accomplishments and contributions make you most deserving of this prestigious recognition.

I would also like to thank the Chinese Canadian Legends Association for hosting this gala and for fostering fellowship in the community. Events such as this are a wonderful reminder that Canada is truly a multicultural nation, made stronger and more resilient by our diversity.

Please accept my best wishes for a memorable evening.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada

賀辭
Greetings





中华人民共和国驻多伦多总领事馆
The Consulate General of the People's Republic of China
240 St. George Street, Toronto, Canada M5R 2N5 Tel: 416-964-7260 Fax: 416-324-6468

贺 辞

值此华商网络协会 2022 年“红枫传奇”颁奖晚宴举办之际，我谨代表中华人民共和国驻多伦多总领事馆表示热烈祝贺，向与会的各界嘉宾致以诚挚问候！

多少年来，无数华侨华人在加拿大不畏艰辛，勇毅前行，在各行各业取得非凡成就，为加拿大经济发展、社会进步和中加友好做出杰出贡献。华商网络协会每年组织“红枫传奇“人物评选，表彰华人杰出代表，很有意义。相信在这些传奇的激励下，旅加华侨华人将为加拿大的社会进步和中加友好做出更大贡献。

祝 2022 年“红枫传奇”颁奖晚宴取得圆满成功！

韩涛

中华人民共和国驻多伦多总领事

2022 年 10 月 29 日







Premier of Ontario - Premier ministre de l'Ontario

October 29, 2022

A MESSAGE FROM PREMIER DOUG FORD

I want to extend warm greetings to everyone taking part in the Chinese Canadian Legend Award Gala.

Our province is proud to be home to a flourishing community of Ontarians with Chinese roots. Their skills, talents, and rich traditions have contributed much to this great province.

It's a pleasure to join you in recognizing excellence and achievement in your community. Congratulations to the remarkable people being honoured tonight. You've excelled in your respective fields and helped build a strong and vibrant Chinese Canadian community in this great province.

This event is an opportunity to highlight your personal stories. I know that your challenges and triumphs will serve to inspire the next generation of Chinese Canadian leaders, thinkers, innovators and philanthropists.

Best wishes for an inspiring gala.

Doug Ford
Premier



Premier's Message

On behalf of the Province of Nova Scotia I want to congratulate the Chinese Canadian Legends Association on their 21st annual awards gala.

Canada is a nation of immigrants, whose history, culture, languages and achievements have shaped our country into a dynamic, innovative and diverse society. The Chinese Canadian community has played a significant role in the social and economic development of Canada, contributing to every aspect of life in communities across the country.

In Nova Scotia, Chinese Canadians play visible and important roles in sectors such as business, academics, science and public affairs, to name just a few. They are valuable contributors to the way of life in our province as our neighbours, colleagues and friends. Our province is enriched by their ideas and commitment to building prosperous and welcoming communities. Everyday they are helping to make Nova Scotia stronger and a better place for all of us.

Congratulations to the recipients of this year's Chinese Canadian Legends Award and thank you for your untiring commitment to our country and the communities where you live. Your contributions deserve to be recognized and celebrated and serve as valuable examples of the many ways in which our nation's diverse communities make this a more vibrant and exciting place to live.

Yours truly,

Honourable Tim Houston, M.L.A.
Premier







August 31, 2022

Dear Friends,

On behalf of our Government and people of the Province of New Brunswick, it is with great pleasure that I congratulate you on the occasion of the 21st Anniversary of the Chinese Canadian Legend Award. I would also like to extend warm congratulations to each of this year's honorees.

New Brunswick holds a deep respect for its Chinese community members, each of whom are making invaluable contributions within our local communities and our economy.

Thank you to Asian Business Network Association for efforts over the past 21 years to recognize, celebrate and commemorate Chinese Canadians who have made significant contributions to Canada and the global community through outstanding achievements in their respective fields.

Best wishes to each of this year's award recipients and thank you for inspiring others by embracing the qualities of leadership, compassion and excellence.

Sincerely,

Blaine M. Higgs

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www.gnb.ca

賀辭
Greetings





PREMIER
OF MANITOBA

Legislative Building
Winnipeg, Manitoba R3C 0V8
CANADA

A MESSAGE FROM THE PREMIER

On behalf of all Manitobans, I am pleased to welcome all those attending the 2022 Chinese Canadian Legend Award Gala. I also extend my warmest congratulations to each of tonight's award winners.

The Chinese Canadian Legend Award is a prestigious honour that recognizes the outstanding achievements and significant contributions of Chinese Canadians to our country and our world. Over the last 20 years, only 124 individuals have received this honour, demonstrating the distinctive accomplishments of each award recipient.

I also join my fellow Manitobans in thanking and congratulating the Chinese Canadian Legends Association for hosting tonight's event, and for its long history of promoting economic and cultural collaboration between Canada and Asia. I wish the Chinese Canadian Legends Association all the best on tonight's event and great success into the future.

The Honourable Heather Stefanson



Premier of Prince Edward Island  Premier ministre de l'Île-du-Prince-Édouard

September 12, 2022

Greeting Message from Prince Edward Island for the Chinese Canadian Legend Book V21 Submitted by Honorable Dennis King

On behalf of the Province of Prince Edward Island, I am pleased to extend best wishes to the Chinese Canadian Legends Association on hosting the 21st Annual Award Gala.

Newcomers to Canada continue to enrich the social and economic fabric of communities in Prince Edward Island and across the country. I send my sincerest congratulations to each of the six recipients who will be honored with this year's prestigious award, recognizing the outstanding contributions and achievements of Chinese newcomers. The exemplary hard work, dedication and contributions that each of you has made will have a latest impact on the relationship between China and Canada, while continuing to enhance the cultural diversity of our country.

Congratulations to each recipient and family members on the outstanding contributions you have made. Your story is one to be proud of. I sincerely wish each recipient well on their future endeavors.

Sincerely,

Honorable Dennis King
Premier of Prince Edward Island

95 Rochford Street, PO Box 2000/ 95, rue Rochford, C.P. 2000
Charlottetown, Prince Edward Island/ Charlottetown, Île-du-Prince-Édouard, Canada C1A 7N8







Premier of Saskatchewan
Legislative Building
Regina Canada S4S 0B3

A Message from the Premier

On behalf of the Government of Saskatchewan, it is my pleasure to welcome everyone to the 21st Chinese Canadian Legend Award Gala.

Since its inception in 2000, this prestigious Award's Gala has recognized recipients that are outstanding role models in their local communities. This year, the Chinese Canadian Legends Association (CCLA) will continue the tradition by honouring six deserving individuals for their contributions to the Chinese community, as well as the social, cultural, and economical fabric of our nation.

I want to thank the CCLA along with the presenters, volunteers, and sponsors who have contributed to making this day a success. Thank you also to the families and friends for demonstrating your support for the recipients of the 2022 Chinese Canadian Legend Award.

Congratulations to this year's winners and best wishes for a memorable evening.

Scott Moe
Premier



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

"When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future."
Queen Elizabeth II

In the midst of challenges of the pandemic, wars, global warming, economic recession, inflation, natural and man-made disasters, Chinese Canadian Legend award recipients are those who not only overcome adversity but also make a better world with their love, compassion and inspiration.

Love of Life is the foundation of the Chinese Canadian Legend. Our theme for this year is:

Life goes on, Love wins all.

May the Chinese Canadian Legend spirit of love, compassion and inspiration guide us to a brighter and better future ahead.

目前的世界挑戰多不勝數：疫症，戰爭，氣候暖化，經濟衰退，百物騰貴，天災人禍……紅楓傳奇人物在面對種種艱難困乏的挑戰時，不但泰然處之，自強不息，更加憑愛助人，克服逆境，為創造美好人生和理想社會而努力不懈。

舉辦紅楓傳奇人物選舉的主要目的，是以表揚奮進有為，對社會有貢獻的代表人物，透過其勵志感人的故事，激勵大家共同發揮"積極面對人生，逆境自強，愛心助人"的紅楓精神。

就讓我們以紅楓傳奇人物為典範，一起**"泰然處逆懷希望，以愛為綱締傳奇"**！

顏惠霞律師
籌委會共同主席
Alexandra Ngan
Organizing Committee Co-Chair



MESSAGE FROM CO-CHAIR OF ORGANIZING COMMITTEE

Dear Friends,

It is my great honour to co-chair the Chinese Canadian Legend Award again this year.

The Chinese Canadian Legend (CCL) Award, organized by the Chinese Canadian Legends Association (CCLA) began in 2000 as a way to acknowledge the extraordinary contributions and achievements made by Chinese Canadians globally, locally, and within their neighbourhoods and communities.

Since the inception of this prestigious award, 124 individuals have been recognized, and 20 books have been published to showcase their exceptional stories. Each year it becomes increasingly more difficult for the Selection Committee to narrow down the nomination list to just six recipients, as there are so many outstanding individuals worthy of this recognition.

Tonight, we are proud to share the success stories of six of these outstanding individuals. We believe their unique stories truly embody the character, determination and strength of a Chinese Canadian Legend.

It is my pleasure to congratulate each of the 2022 Chinese Canadian Legend Award recipients on this remarkable achievement.

It is also my hope that the theme of this year's Gala event "Life goes on, Love wins all" will serve as a reminder that any obstacle or challenge can be overcome with the love and support of family, friends, and our community.

In closing, I would like to thank the Selection Committee, the Organizing Committee, and all of the many volunteers. Your ongoing support and dedication will ensure that the Chinese Canadian Legend Award continues to recognize outstanding members of our community for many generations!

Dennis Au-Yeung
Organizing Committee Co-Chair



MESSAGE FROM CHAIR OF SELECTION COMMITTEE

The Chinese Canadian Legend Award is privileged to be broadly recognised year after year as one of the distinguished symbols of service excellence in Canada. This prestigious award is bestowed annually on Chinese Canadians who have made tremendous contributions to our communities with the same spirit of the message given by Her Majesty Queen Elizabeth II on November 1, 2021:

> *"Of course, the benefits of such actions will not be there to enjoy for all of us here today. None of us will live forever. But we are doing this not for ourselves but for our children and our children's children and those that will follow in their footsteps."*

Having taken a pause for the past two years due to the pandemic, the Selection Committee this year had a greater than usual task of selecting the six award recipients for 2022. Many nominations were received from across the country from various community leaders and volunteers. We thank them all for their continued support of this program.

Upholding the critical values of integrity, impartiality, thoroughness, and confidentiality, the Selection Committee comprising 24 members diligently studied and reflected on this year's award nominees and their unique life experiences which enabled their extensive contributions to society in the local community, of our country, or globally. The use of concealed nominee names, and an independent auditor who scrutinized the selection process, ensured objectivity through the process and compliance with our diversity and inclusion policy. We trust the confidence from stakeholders in our selection process has been maintained.

In this book, the amazing stories of this year's six award recipients are told. These six community leaders, being our precious role models, hope their actions will inspire and motivate many others around them to similarly pursue a path of making this a better world for everyone.

Stanley Kwan, FCPA, FCA, MBA
Chair Selection Committee



MESSAGE FROM CHAIR OF OPERATION COMMITTEE

This has been one of the most exciting and challenging years for me as a committee member of the Chinese Canadian Legend Award. And I am most proud to say that we made it happen again with our strong team of volunteers who worked together with dedication and determination!

Over the past few years, we have transitioned into a new era following the establishment of Chinese Canadian Legends Association (CCLA) with a new mission and a new role for myself as the Operation Chair. We have also re-grouped our volunteers since the last Award Gala in 2019 to meet the changing needs and operation mode due to pandemic considerations.

In my role as the Operation Committee Chair this year, I am leading a team from "YOUnity in Success" consisting of teenagers and young professionals to run the gala. Having worked with them for many years in different events, it's been such a pleasure to work with them again and share the amazing experience of organizing the event.

Together, we've overcome the challenge of having to reduce the number of volunteers amidst pandemic concerns, while ensuring the highest quality of work. We also had to plan for a more detailed rundown with each volunteer taking up more work load. I am most impressed by the can-do attitude of these young people, and my heartfelt thanks go to each of them for making our Gala a success.

I would also like to extend my gratitude to the community, including different groups and individuals who lend their unwavering support for us all along. We hope that this community connection will continue as CCLA goes on with its mission to leave an important legacy for Chinese Canadians.

It is a great honor and a rewarding journey for me to be part of the Chinese Canadian Legend Award in various ways over the years. Please join me in this celebrative moment and congratulate the achievements of this year's recipients!

Glenn Chan
Chair of Operation Committee



MESSAGE FROM THE PRESIDENT

After two years of eager anticipation, the Chinese Canadian Legend (CCL) Award has taken yet another courageous step forward into its 21st Anniversary. As the annual Award came to a pause, the work of Chinese Canadian Legends Association (CCLA) has hardly ceased at all. In fact, our team has come together more united and more determined than ever to cope with unprecedented and unpredictable challenges. With our strong faith and commitment in continuing our mission, we have made history again by successfully presenting our prestigious Award.

This is indeed a tour de force of how human spirit triumphs over barriers and extremities by never giving up. And that is the same spirit that Chinese Canadian Legend (CCL) Award embodies and embraces all along!

With renewed strength from our abundant experience over the past 20 years, our team has also garnered insights from the past two years by seeking creative ways to carry on our mission and organizing the Award. We also believe that as we forge ahead toward an even more challenging future, our role becomes even more vital in strengthening the contributions and recognizing the achievements of Chinese Canadians, in Canada as well as worldwide.

It gives me exceptional pleasure to celebrate this 21st Anniversary by coming together with our distinguished Awardees, dignitaries and special guests from all around. I would also like to acknowledge the brilliant efforts of our team members and volunteers; the participation of the previous Award recipients, and the unwavering support of the community at large. Without all their support, we could never have done it.

And you have also done it by joining us in this celebration, and by sharing our fruits of labour. Together, let us continue to make history with this legacy that we can all be proud of.

In resonance with our theme this year: "Life goes on, Love Wins all", we will keep on going, rising above adversities with love, and celebrate the beauty of humanity.

Bammy Wong

President
Chinese Canadian Legends Association

紅 楓 傳 奇 協 會
CHINESE CANADIAN LEGENDS ASSOCIATION

Advisory Committee

Honourary Chair:	Honourable Dr. Vivienne Poy
Honourary Advisor:	Honourable Philip Lee
Advisors:	Sunny Ho
	Dr. Arthur Lau
	Lusan Li
	Dr. Ying Lu
	Kenny Wan

Board of Directors

President	Bammy Wong
Secretary	Viola Poon
Treasurer	William Ip
Directors	Angela Lam
	Stella Li
	Marianne Siu
	Camilla Tong
	Teresa Tsui
	Connie Woo



The mission of Chinese Canadian Legends Association (CCLA) is to promote and facilitate intercultural understanding and mutual respect for diversified communities; to promote and recognize the achievements and strengthen the contributions of Chinese Canadians.

It was established in 2019 to carry on the work of Asian Business Network Association (ABNA) in organizing the Chinese Canadian Legend Award. In 2000, ABNA initiated the Award to recognize and honour Chinese Canadians who have attained outstanding achievements and significant contributions to our global community and Canada.

With the acknowledgment, participation and support from awardees and community over the years, the Award itself has become one of the most prestigious, influential and distinct awards. Taking into consideration well-meaning suggestions and the nature of the Award being more literary than business-oriented, CCLA was formed to dedicate to its own cause.

Each year, award recipients receive accolades with the presentation of an award at the Award Gala and their inspiring stories are published in the Chinese Canadian Legend book series.

These book collections are being kept in the Richard Charles Lee Canada-Hong Kong Library at the University of Toronto, as well as the libraries at University of Ottawa, University of British Columbia, Simon Fraser University, University of Victoria, McGill University and most universities in Hong Kong.

歷屆紅楓傳奇人物

AWARD RECIPIENTS

Chinese Canadian Legend 2000 - 2019

2019

陳琛儀牧師 Rev. Sam Chan
關志恒 Keith Kwan
關永添 Tim Kwan
李亮漢博士 Dr. Robert Lee
岑穎幹醫生 Dr. Dominique Shum-Tim
武冰 Bing Wu

2018

陳飛鵬醫生 Dr. Gabriel Fai Pond Chan
章曼慧醫生 Dr. Angela Man-Wei Cheung
勵文灝 Irwin Li
黃黎浣纖 Susan Wong
胡元豹參議員 Senator Yuen Pau Woo
余瑞心 Winnie Yu

2017

陳家諾國會議員 MP Arnold Chan
陳聖源國會議員 MP Shaun Chen
何鴻毅 Robert H. N. Ho
許湯娛英 Shirley Hoy
李治平 Chi Ping Lee
施永輝 Benson Sy

2016

何志立律師 Sunny Ho
鄺國雄 Alan Kwong
郭清華 Annie Kwok
黎瞻遠教授 Prof. Jim Yuan Lai
劉聚富博士 Dr. Arthur Lau
鮑胡嫈儀 Teresa Woo-Paw

2015

陳秀蘭博士 Dr. Helen Chan
張明瑞教授 Prof. Thomas Chang
陳漢忠 John Chen
顏質燦醫生 Dr. Chit-Chan Gunn
侯伯治教授 Prof. Alec Hou
李秀梅 Ida Li

2014

覃潤瓊 Grace Chum
黃思聰醫生 Dr. Stephen Hwang
黎全恩教授 Prof. David Chuenyan Lai
林重慶博士 Dr. Victor Ling
吳慶華 Mr. Royson Ng
源植勉副警察總長 Deputy Police Chief Peter Yuen

2013

陳志勳皇家海軍榮譽上校 H Capt. Tung Chan
郭劍民 David Kuo
梁斐生博士 Dr. David Liang
吳祖博士 Dr. Joseph Ng
伍雋雄 Justin Poy

2012

周志明醫生 Dr. Chi-Ming Chow
余嶽興醫生 Dr. Joseph N.H. Du
李焯芬教授 Prof. Chack Fan Lee
李安邦 Jack Lee
蕭錦榮博士 Professor Michael Siu
黃嘉勝少校 Lt Cdr Albert Wong

2011

郭詠觀醫生 Dr. Jason Kwok
彭純教授 Prof. Chun Peng
徐立之教授 Prof. Lap Chee Tsui
巫柏齡醫生 Dr. Gordon Moe
蘇凌峰 Stanley So
楊龍寶娟 Judy Yeung

2010

李紹麟省督 The Hon. Philip Lee
李金艷教授 Prof. Jinyan Li
路明光 Mingguang Lu
伍衛權醫生 Dr. Neville G. Poy
黃永忠 Andrew W. Wong
周松年博士 Dr. Songnian Zhou

2009

陳萬華博士 Dr. M. K. Luk Chan
蔣羅婉笙 Audrey Chiang
邱映明 James Chiu
馮翁惜卿公民法官 Judge Mina Yung-Fung
利德蕙參議員 The Hon. Dr. Vivienne Poy
蕭顯揚 Stephen Siu

2008

陳偉才 Glenn Chan
李趙素芳 Lusan Li
陸春雲 Frank Luk
何國慶 Gary Ho
盧英醫生 Dr. Ying Lu
蔣薇 Amy Tjen

2007

張培德醫生兼律師 Dr. Peter Pai-Tak Chang
洪嘉良醫生 Dr. Collin Hong
李廖淑英 Maggie Suk Ying Lee
麥德華博士 Dr. Pro. Tak-Wah Mak
莫樹錦醫生 Dr. Tony Shu Kam Mok
溫建業特許會計師 Kenny Wan

2006

許志榮醫生 Dr. John C. Hui
吳永光醫生 Dr. Nelly Ng
黃綺銖 Judy San
徐惠芬 Viginia Tsui

2005

歐陽健昌 Dennis Au-Yeung
古偉凱 Tony Ku
封賴桂霞 Cynthia Lai
林鳳輝上校 Colonel Fung Fai Lam
梁健文 John Leung
伍啟榮教授 Pro. Albert Kai-Wing Ng

2004

陳慧 Emillie Chan
張德龍 Peter Cheung
鄺雷翠玲 Bernice Louie Kwong
文錫輝 John Man
朱碧芳 Rita Tsang
韋秀嫻 Winnie Wei

2003

方君學 Johnny Fong
張明達醫生 Dr. Ming-Tat Cheung
劉秉純醫生 Dr. Benson Lau
梁渙釗 Allen Leung
梁顯平律師 Albert H. P. Liang
顏惠霞律師 Alexandra Ngan
蘇家俊 Ron So
黃陳慧文 Agnes Chan Wong
黃陳曼麗 Florence Chan Wong

2002

馮紹傑 Ambrose Fung
關保衛特許會計師 Stanley Kwan
賴德梧 Tak Ng Lai
羅志勤 Michael Lo
麥朝彥 Andre Mak
黃朱珍妮 Jenny Wong

2001

陳志尚 Jimmy Chan
伍卓生 Hughes Eng
黎炳昭 Michael Lai
李基傑 Ki Kit Li
林立 Don Lim
徐惠芳 Teresa Tsui
黃家海醫生 Dr. Joseph Ka Hoi Wong
袁海耀博士 Dr. Alexander H. Yuan

2000

陳淑煥	Agnes Chan
方黃慧蕾	Alice Fong
高張愛絲	Alice Ko
陸郎毅	Helen I. Lu
王裕佳醫生	Dr. Joseph Y. K. Wong
黃振聲	Phoebus Wong
黃志華省議員	MPP Tony Wong
阮啟剛	John Yuen

Themes of Chinese Canadian Legend since 2007

2007 緣繫加港締傳奇
It's all in "The Spirit"
Whenever the Spirit Glows, the Legend Grows

2008 憑愛心締傳奇 賦生命予意義
Where there is Love, there is Life

2009 點燃希望締傳奇
Illuminate Hope

2010 乘風破浪覓理想 情繫楓橋締傳奇
To Bridge……

2011 明德格物締傳奇
A Man without Virtue is like A Candle without Light

2012 摘星圓夢締傳奇
Wish upon a Star
Make your Dreams come true

2013 鼓舞人生締傳奇
Drumming up the Spirit of Life

2014 鳳凰展翅締傳奇
Phoenix Reborn, the Legacy Goes on……

2015 活出彩虹締傳奇
Over the Rainbow, the Legend Glows

2016 華麗轉身締傳奇
Change with Change to Succeed

2017 情繫家國締傳奇
Our Country, Our Legends

2018 你我同心締傳奇
You and Me - Let's Make Legends Together

2019 紅楓精神永延續 跨越廿載締傳奇
Into a new era, on with the Legends

2022 泰然處逆懷希望 以愛為綱締傳奇
Life goes on, Love wins all



Chinese Canadian Legend Award

紅楓傳奇

2022

Passion • Dedication • Inspiration

Chinese Canadian Legends Association

紅 楓 傳 奇 協 會



陳林瑞玲
Arlene Chan

作者：金綺文

Writer: Annie Qiwen Jin

連接華人與加拿大社會的橋樑

幸運餅、酸甜雞肉丸，這些北美中餐的食品，常常是熟悉中國美食的人揶揄的對象。在他們看來，這些為了迎合西方人口味而改版過的食物，不能和地道中餐美食相提並論。然而在陳林瑞玲看來，這些食品的意義遠遠超過了它本身，因為它們曾經是“連接華人與加拿大主流社會最早的橋樑”。

加拿大中餐的“前世今生”

陳林瑞玲是第三代華裔，她的外祖父於1899年繳納了人頭稅來到加拿大，母親林黃彩珍在加拿大出生，父親林進寧也是繳納了人頭稅才來到加拿大。他們都經歷了華人被制度性歧視、隔離和排斥的歲月。

在那段晦暗日子裏，一般人都不願涉足唐人街。中餐館服務的對象也多是經濟拮據的華人單身漢，提供的食物和店面一樣簡陋。

二戰後，排華法案被廢除，華人開始融入當地社會，華人傳統文化包括美食、民俗和文學藝術開始“被看見”。最早讓加拿大主流社會認識中餐的，當屬上世紀40年代末至50年代多倫多的“四大中餐廳”：南京、荔枝園、西湖和廣州，其中廣州餐廳就是陳林瑞玲父母開設的。

陳林瑞玲說，酸甜雞肉丸等菜餚確實是根據西方人口味偏好改版而來。當年多倫多華人人口僅有兩仟多，要想把餐廳生

意做好，必須吸引其他族裔，菜餚不得不迎合他們的口味。四大中餐廳店面寬敞氣派，甚至有現場樂隊，它們吸引了名流政要前來光顧，加拿大主流社會因此開始認識中餐並了解中餐所代表的豐富文化，中華文化由此成為加拿大多元文化的重要組成部分。這些融合中西口味的菜餚可謂功不可沒。

沿著母親努力的方向前行

對陳林瑞玲而言，華人融入加拿大本地社會的奮鬥史並不是印在紙上的陌生名字及事件，而是曾經真切觸碰過的鮮活記憶。她不僅是歷史的見證者，也是歷史締造者的傳承人。

她母親林黃彩珍曾創造了加拿大歷史上的多個第一：她是首位獲得加拿大勛章的華裔女性，首位獲得多倫多餐飲業傑出成就Fran Deck獎的中餐東主和女性餐飲企業家，以及婦女專科醫院、惠仁醫院等機構的理事會首位女性成員等等。多倫多市政府和教育局分別以她的名字命名了一條街道和一所小學。

有這樣一位赫赫有名的母親是什麼感覺？陳林瑞玲說，小時候常跟著母親去參加各種活動，也常聽母親講她經歷的各種事，那時覺得母親是天生的演說家，她很有親和力，無論走到哪裏都會吸引一群人圍繞著她。但直到陳林瑞玲成年後，特別是開始寫作關於母親的書籍之後，“從另一個角度去了解母親，才真正開始欽佩母親的成就以及她所作出的努力。”

林黃彩珍一生都在為爭取華人平等權利和打破華人與加拿大社會間的隔閡而奮鬥，她生前常說，身為加拿大人感到很驕

傲。陳林瑞玲也為自己的華裔加人身份而自豪。“我從沒放棄過一次選舉投票的機會，”陳林瑞玲説：“我們今天擁有的這些〔平等和多元〕來之不易，它們不是理所當然得來的，所以我們要珍惜，要用行動去爭取。”

講述華人自己的故事

年少時，陳林瑞玲也經歷過身份認同困惑，她常問自己，“讓我成為華裔加人的是什麼與他人一樣或不一樣的特點嗎？”她喜歡閱讀，可是找遍多倫多的圖書館，也沒有講述中華文化和加拿大華人史的書籍。她只能從報紙和雜誌中去搜集散落的點點滴滴的記述。

上世紀90年代，有出版商想要出一本介紹林黃彩珍事跡的兒童圖書，因為最初約稿的作者進展不順，出版商詢問林黃彩珍能否讓她在圖書館工作的女兒陳林瑞玲來寫這部書。林黃彩珍原本回絕了，因她知道女兒在全職工作之餘還有兩個孩子要照顧，恐怕忙不過來。陳林瑞玲得知後，卻很有興趣一試。她和出版商聯系，表示願意先寫一個章節，若後者滿意則繼續完成全書。後來的事正如所料，這本書籍開啟了陳林瑞玲的作家之路，也讓她投入到講述華人故事的事業中。

雖然寫的是自己母親，但在寫作中，陳林瑞玲還是專門採訪了母親，這讓她對母親從事的社會活動的意義有了更深的理解。這本名為《龍之精神：一位驕傲的加拿大人林黃彩珍的故事》的書後來入選加拿大兒童圖書中心的特別推薦書單。

在此之後，陳林瑞玲又寫作了多部書籍，其中有向加拿大的多元讀者介紹中秋節、龍舟賽等中華傳統文化的，也有關於多倫多唐人街變遷和加拿大華人歷史的。

寫作與實踐的交融

和關在象牙塔裏寫作的人不一樣，陳林瑞玲的寫作總是和她的親身經歷和體驗密切相關，她也常把寫作的內容帶回實際生活中。

她寫加拿大華人史，那些從唐人街走出來的締造歷史的人物，多是她小時候稱呼“叔叔”、“阿姨”的人。查閱資料時，她常有那種“頓悟時刻”。她通過寫作和演講記錄講述歷史，又積極參與各種保存和傳揚歷史文化傳統的活動，因此於2017年獲得多倫多文化遺產委員會的“特別成就獎“，2022年獲得“社區電影藝術變革作為獎”。她長期担任多倫多博物館Museum和多倫多公立圖書館華人檔案館的顧問，還為皮克斯的影片《熊抱青春記》担任了文化顧問。

她寫介紹賽龍舟的書，不滿足於僅從紙上了解這項運動，於是央求一位龍舟隊的朋友允許她在他們練習時坐到船尾體驗一下。這一體驗，竟然開啟了她龍舟運動員的生涯。她説，那次體驗徹底刷新了她對賽龍舟的認知，以至於她把之前寫的全部删掉重寫，並且從此愛上這項運動。她後來入選加拿大國家隊，且兩度在國際龍舟錦標賽上奪冠。

她猶記得2011年在佛州坦帕奪冠和2013年在匈牙利奪冠後頒獎的場景。加拿大國歌響起時，她激動得淚眼盈眶。那一刻，她為自己能夠代表加拿大並為她贏得金牌而驕傲。華裔加人這一身份的榮耀，是經過幾代人努力得來的，彌足珍貴。

鼓勵年輕一代續寫傳奇

陳林瑞玲常應邀去小學向孩子們介紹賽龍舟這項有趣的運動。她會把小朋友們分成幾支隊伍，教他們模仿划龍舟的動作，在運動館裏開展模擬龍舟賽。“比賽”結束後，她還把自己多年積攢的獎牌送給獲勝隊伍。各族裔的孩子們就在這樣有趣的活動中認識和了解中華文化。

陳林瑞玲亦擔任了林黃彩珍基金會主席。林黃彩珍年少時因為經濟大蕭條不得不早早輟學打工，但她格外重視後代的教育。她在世時，多倫多華人社區就以她的名義設立了獎學金，每年向華裔高中生頒發獎金，鼓勵年輕一代在各個領域取得優異成績和作出貢獻。今年是林黃彩珍獎學金項目設立25周年，基金會將首次在林黃彩珍小學舉行頒獎儀式，陳林瑞玲覺得此舉意義深遠。她由衷希望母親的傳奇能被更多年輕人續寫下去，不僅以各種不同的方式講述華人的故事，也積極參與加拿大美好未來的建設。



林家母女—Jing, Arlene, Ping 和媽媽（林黃彩珍）
Lumb Family – Jing, Arlene, Ping, mom



廣州茶樓外觀
Kwong Chow Resturant



林家大家庭合影
Lumb Family photo



健兒英姿
Paddler



「好久不見 - 唐人街」
Long Time No See-Chinatown



林黃彩珍小學2020
JL Public School entrance 2020



到澳門參加龍舟世界錦標賽
Macau World Championship



2001年林黃彩珍獎學金頒獎禮
Jean Lumb Awards event 2001

與家人在卡薩羅馬城堡前合影
Chans-Casa Loma



2018年多倫多文化遺產局的唐人街遊覽活動
Chinatown Tour, Heritage Toronto 2018



安省青年志願者顧問委員會Ontario Youth Volunteers
Advisory Committe

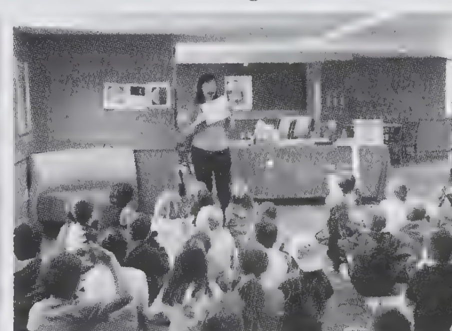
多倫多博物館Museum - 播客2019
Museum - Podcast 2019

CBC 早間節目
CBC Metro Morning

安省美術館 Lawren Harris 展覽
Ontario AGO-Lawren Harris Exhibit



華裔加拿大人檔案-梅花展
Chinese Canadian Archive- Plum Blossom Exhibit



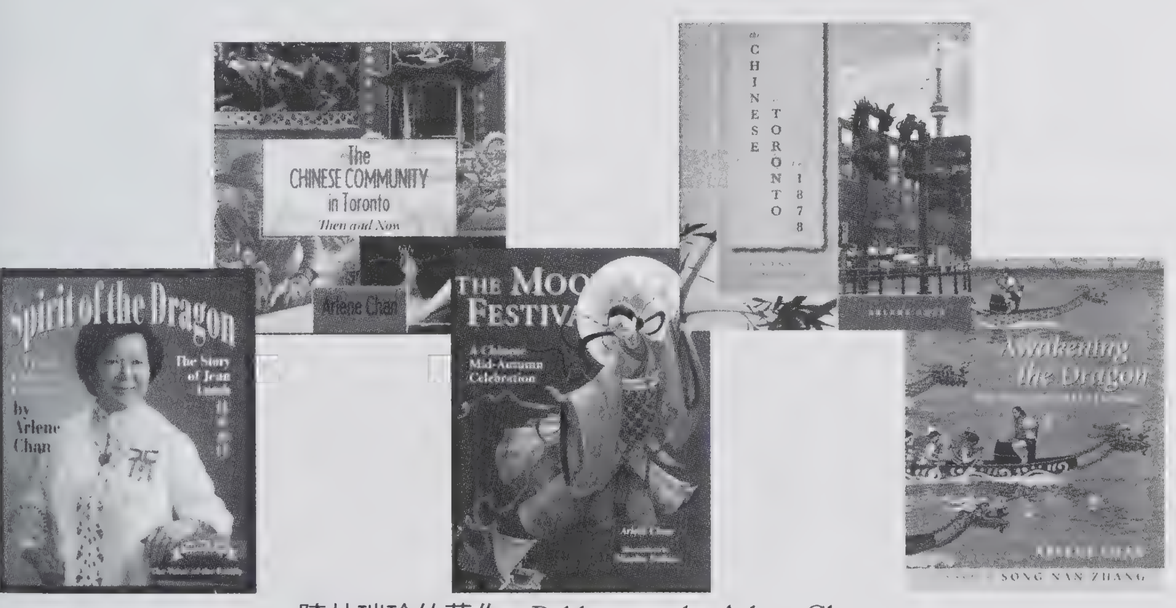
Bowmanville圖書館，2018年
Bowmanville Library 2018



2018年多倫多大學唐人街遊覽活動
Chinatown Tour, U of T 2018



匈牙利 - 龍舟賽奪冠
Hungary – Gold Medal



陳林瑞玲的著作　Publications by Arlene Chan

Bridging Chinese and Canadian Society —Arlene Chan

Fortune Cookies, sweet and sour chicken balls - these are common North American Chinese dishes, often ridiculed by those who know Chinese cuisine. For them, these westernized dishes are a far cry from authentic Chinese cuisine. But for Arlene Chan, their value surpasses the food, because they are the bridge that connects the Chinese community with the larger Canadian society.

The Past and Present of Chinese Canadian Food

Arlene Chan is a third generation Chinese Canadian. Her maternal grandfather paid the Chinese Head Tax in 1899 when he came to Canada, where her mother, Jean Lumb, was born. Arlene's father Doyle Lumb also paid the Head Tax in order to enter Canada. They lived through systemic racial discrimination, segregation and exclusion.

In those dark days, Chinatown was a place to be avoided. Chinese restaurants were mostly patronized by Chinese bachelors looking for simple, reasonable food.

After the Second World War, with the repeal of the Chinese Immigration Act, Chinese began to integrate into local communities, and Chinese traditional culture including cuisine, customs and arts began to "be noticed". The first restaurants to bring Chinese cuisine to the mainstream society in the 1940s and 50s were "The Big Four": Nanking, Lichee Garden, Sai Woo and Kwong Chow, the latter owned by Arlene's parents.

Arlene acknowledges that food like sweet and sour chicken balls were indeed dishes adapted for the western tastes. There were only about two thousand Chinese in Toronto, so for a business to survive, they had to cater to other groups, so naturally the menu had to be acceptable to the broader community. The Big Four restaurants were spacious and one of them even offered live music, attracting celebrities and politicians, thereby introducing Chinese cuisine to Canada's mainstream society. Chinese culture became a key part of Canada's multicultural society. These westernized dishes played an important role.

Continuing Her Mother's Hard Working Journey

Arlene did not just read about the Chinese struggle in Canada, she was a witness to the living history. She experienced it first hand and the memories are still fresh and vivid. In fact, she is more than a witness to history, she has inherited the legacy of those who made history.

Arlene's mother, Jean Lumb, forged many firsts in Canadian history: She was the first woman of Chinese descent to receive the Order of Canada, first female Chinese restaurateur to receive the Fran Deck Award for outstanding achievement in Toronto's restaurant industry, and first Chinese Canadian woman on the boards of Women's College Hospital and other institutions. A City of Toronto street and an elementary school are named after her.

How does it feel to have such a distinguished mother? Arlene says she used to accompany her to many events, often listened to her mother recount her experiences and thought her mother was a natural public speaker. Wherever she went, people were drawn to her. It wasn't until years later, when Arlene started to write about her

mother that she came to understand and admire the hard work that went into those accomplishments.

Jean Lumb dedicated her life to fight for equal rights for the Chinese community, to bridge the gap between the Chinese community and the larger Canadian society. She used to say she was proud to be Canadian. Arlene is equally proud to be a Chinese Canadian. “I never miss one election.” She says, “The equality and multiculturalism that we have today did not come easily, they cannot be taken for granted. So we must cherish them and take steps to make things happen.”

Telling Our Own Story

In her youth, Arlene had struggled with identity confusion. She would ask herself: “What makes me a Chinese Canadian?” She liked to read, but she couldn’t find any books on Chinese culture and Chinese Canadians in the library. She could only find bits and pieces of narrative in newspapers or magazines.

In the 1990s, a publisher planned for a children’s book on Jean Lumb’s life story. But when the author originally hired to write the book was not making progress, the publisher asked Jean if her librarian daughter might be interested in writing the story. At first Jean declined, thinking that working full time and raising two young children were more than enough for Arlene. When Arlene heard about it, she was quite interested to give it a try. She discussed with the publisher that she would write one chapter and if the publisher was happy with her work, then she would write the book. This book started Arlene’s journey as an author, and the business of telling the Chinese story.

Although she was writing about her own mother, Arlene still took time to interview Jean, giving her a deeper understanding of her mother's community work. This first book, "Spirit of the Dragon: The Story of Jean Lumb, a Proud Chinese-Canadian" would later be selected as a Choice Book by the Canadian Children's Book Centre.

Since then Arlene has written several more books, including ones that introduce Canadians to Chinese traditional culture such as the Mid-Autumn Festival and Dragon Boat Festival, and the history of Chinese in Canada and Toronto's Chinatown.

Writing and Life

Unlike people who write from an ivory tower, Arlene's writing is based on her own personal experience, and she often brings what she's written into her life.

When writing about the history of Chinese in Canada, those people who made history were people she called "uncle" and "auntie" when she was a child. While doing research for the books, she often had "ah-ha" moments. Arlene's writing and presentations about this history are both documenting the history and bringing it into today's conversations. Her active participation in preserving and promoting history and traditions has culminated in a 2017 Special Achievement Award from Heritage Toronto and the Community Film and Arts Festival Making a Difference Award in 2022. She has been an advisor for Museum of Toronto, the Chinese Canadian Archive at the Toronto Public Library, and a cultural consultant for the Pixar film Turning Red.

Not satisfied to just read about dragon boat racing, she asked a friend who competed in dragon boat races to let her sit in on

practices. This experience spawned her career as a dragon boat racer. She said the observation completely changed her understanding of the sport, to the point where she rewrote everything about it, and also fell in love with it. She subsequently joined the Canadian national team and won gold medals at two IDBF World Dragon Boat Championships.

She recalls the medal ceremonies at the 2011 championship in Tampa and the 2013 championship in Hungary - when the Canadian national anthem was played, she was moved to tears. In those moments, she was proud to represent Canada and win gold medals. This honour for Chinese Canadians has been hard won, over several generations, and should be valued.

Encouraging the Next Generation to Continue the Legacy

Arlene is often invited to schools to introduce dragon boat racing to elementary school students. She divides the students into several teams, teaches them the team work involved in racing as well as doing simulation dragon boat racing in the school gym. After the "race" she presents the winning team with a medal from her own collection. Children of all ethnicities learn about Chinese culture through these fun activities.

Arlene is the chair of the Jean Lumb Foundation. Jean Lumb had to quit school at a young age to start earning an income, but she recognized the importance of education for future generations. Before her passing, Toronto's Chinese community established an awards program in her name. Every year, high school students of Chinese descent from across Canada are given scholarships to encourage academic excellence and contribution to the community. This year is the 25th anniversary of the Jean Lumb Awards. The

awards ceremony will take place for the first time at the Jean Lumb Public School. Arlene finds this particularly meaningful and sincerely wishes that her mother's legacy will continue through these young people, not only to carry on the narrative of the Chinese story, but also to build a better future for Canada.



吳振紅
Chan Hon Goh

作者：金綺文

Writer: Annie Qiwen Jin

突破局限 創造歷史
——吳振紅的芭蕾夢想與人生

藝術家給人的感覺通常要麼不羈，要麼精致，而吳振紅的舉手投足間都透著一種純淨的氣質--那種心無旁騖、一心一意創造美的純淨。她說：「藝術就是要感染別人，是為了帶給觀眾更美好的感受。」

攀登藝術巔峰

她的確做到了，而且達到了頂峰。芭蕾舞是西方傳統藝術項目，在西方國家更是白人一統天下的領域。但生於中國、有一張東方面孔的吳振紅，卻在這個領域創下多個歷史紀錄。

她十幾歲時就成為首位贏得瑞士洛桑國際舞蹈賽大獎和英國皇家芭蕾舞蹈學院的Genée國際芭蕾舞賽銀獎的加拿大舞者。高中一畢業她就被加拿大國家芭蕾舞團召入旗下，24歲成為該團第一位華裔首席舞者，並多次應邀到歐美和澳洲、亞洲的芭蕾舞團客串主演。

在國家芭蕾舞團的21年間，除了天鵝公主、睡美人以及朱麗葉等經典角色，吳振紅還扮演過蝴蝶夫人等專門為她量身打造的角色。無論是扮演天真少女還是悲情幽靈，她的表演都以至臻至善深入人心。藝術評論家蘇珊・沃克這樣評價吳振紅：「作為一位舞蹈家，她纖細的身軀下蘊含著強大力量和高度，作為一位表演家，她對悲劇角色的詮釋令人難忘，深深打動了觀眾」。

2009年吳振紅從國家芭蕾舞團退役，選擇《吉賽爾》作為告別演出劇目。演出結束時掌聲經久不息，加拿大主流媒體毫不吝惜讚美之詞，給予她極高評價。例如《多倫多星報》的評論文章說：「吳振紅和康瓦利納（劇中與吳搭檔的男主角扮演者）通過震撼人心的表演，給了現代觀眾一個理由相信愛情的救贖力量。」

卓絕的藝術成就為吳振紅帶來許多榮譽，她曾先後榮獲伊麗莎白女王二世鑽禧獎章、YWCA傑出女性獎、傑出移民獎以及加拿大公民的最高榮譽——加拿大勛章，卑詩大學還授予她榮譽博士學位。

天份與汗水

在這些成就背後，是與生俱來的天份，更是非凡的執著和毅力。芭蕾是一種充滿矛盾張力的藝術：在觀眾眼裏，芭蕾舞者的跳動總是無比輕盈，他們的身姿總是那麼舒展；但對芭蕾舞者而言，每一個跳動和姿勢都需要極強的掌控力，而這必須通過經年累月的艱苦訓練和付出無數汗水才能達到。

因為熱愛芭蕾，吳振紅從來不怕練習的苦累與傷痛。一談起舞蹈，她的眼睛就熠熠發光。她說：「當舞蹈演員是一種享受，因為永遠有可以再進步再提高的地方。」她覺得自己很幸運，能夠一直做自己最愛的事情。

她唯一怕的只是受傷會影響訓練和演出。20多年的舞臺生涯中，她曾有過三次骨折，其中一次是車禍導致的。她一度很焦慮，擔心自己從此要依靠拐杖。靠著極大的毅力，她終於重返舞臺。

家庭的影響

吳振紅生於藝術之家。她父親吳祖捷生於新加坡（也正因此他們的英文姓氏是Goh而不是漢語拼音的Wu，前者是新加坡通用的閩南和潮汕音譯拼法），上世紀50年代初慕名到北京求學於當時在中國任教的蘇聯芭蕾舞名師，因此與張令儀結緣，後來兩人雙雙成為中國中央芭蕾舞團的首席舞蹈演員。

吳祖捷夫婦原本不想讓女兒走芭蕾這條路，因為他們深知這條路的艱辛，芭蕾舞演員的事業黃金期又很短暫。他們常說：「這個家已經有兩個只會跳舞、其他什麼都不會做的人了，不能再來一個都是這樣的。」吳振紅卻偏偏對芭蕾舞情有獨鍾，她從小就夢想成為舞蹈家，常試穿母親的芭蕾舞鞋。移民加拿大後，吳祖捷夫婦成立了Goh芭蕾學院，教授學生跳芭蕾舞。吳振紅常常在旁邊「偷師學藝」。當她11歲時，父母終於拗不過她的執著，開始對她進行系統培訓。

除了父母在舞蹈藝術上的精心培養，吳振紅的姥姥對她影響也很大。小時候因為父母忙於事業，姥姥照顧她的時間更多。在吳振紅眼裏，姥姥非常正直且嚴於律己。她始終記得姥姥對她說的話；「你想要得到什麼東西，就要加倍努力。如果你做到比別人雙倍好，人家也沒法不給你。」

一直以來，吳振紅就是以這樣的標準要求自己的。在國家芭蕾舞團，短短幾年就晉升到首席舞者，並非她格外幸運，而是因為她的專注：每當沒有被編導選中時，她從不去想是不是自己的膚色和背景妨礙了她獲得認可，而是反省自己的技藝還有那些可以提高的空間。並非她天真到以為加拿大完全不存在

種族歧視，而是因為她專注於精益求精，所以不會去客觀因素裏尋找安慰。

傳承藝術 回饋社會

退役後，吳振紅回到溫哥華，擔任Goh芭蕾學院和青年舞團的藝術總監。這所學院培養出了包括吳振紅在內的一批頂尖芭蕾舞人才，從這裏走出的學生屢屢在國際比賽中獲獎，所以早已聲名遠揚，甚至有很多人從海外慕名前來求學。但吳振紅沒有滿足於現狀，就像在舞臺上時一樣，她總想著達到新的高度。

聖誕節時上演芭蕾舞劇《胡桃夾子》是西方的一個傳統。吳振紅覺得「每個城市都應該有自己的《胡桃夾子》，」所以從2009年起，她開始為第二故鄉溫哥華打造她專屬的《胡桃夾子》。Goh芭蕾青年舞團的演員是這齣劇的主力，吳振紅還邀請一些芭蕾明星來客串演出，既為這出劇增加亮點，也為青年舞團的學生提供難得的機會與明星同臺演出大型劇目。如今Goh芭蕾青年舞團的《胡桃夾子》已成為溫哥華值得驕傲的新傳統。

除了教授Goh芭蕾學院的學生，吳振紅還經常參加國際活動，與世界各地的藝術界同行交流，分享經驗，為青年舞者特別是第三世界國家的舞者提供支持。

創新與夢想

2020年開始的全球疫情，給Goh芭蕾學院和青年舞團帶來

巨大挑戰。如吳振紅所說：「芭蕾是一種活的藝術」。不能在劇場演出，不能進行集體訓練和排練，幾乎等於宣告了芭蕾學院和舞團運作的終結。但吳振紅沒有放棄，她仍然尋求著突破。

為了幫助學生保持對舞蹈的興趣和信心，她和團隊創造了很多「替代項目」。她租下劇場，把學生們分別預約來，將他們的表演拍攝下來，送去參加舞蹈節或者國際比賽，或者將不同片段剪輯合成影片，上傳至網絡讓學生和家長們觀看和進行交流。

2020年，吳振紅找來編劇和導演，拍攝了一部微電影，從一個芭蕾舞者的視角講述了Goh芭蕾舞團的《胡桃夾子》十年發展歷程的故事。2021年，吳振紅作為製作人又拍了一部紀錄片，講述了Goh芭蕾學院不同學生的舞蹈和人生夢想故事。他們有著不同的種族和文化背景，所面臨的困惑或困境也各不相同，甚至他們並非都擁有傳統的「芭蕾身材」條件，但他們都有一顆對舞蹈的赤誠之心，在Goh芭蕾學院，他們找到了實現夢想的信心。

在記錄片中，吳振紅說：「當我接手〔Goh芭蕾〕學院的時候，我就想著要把它帶進新時代、新世紀。芭蕾舞有一些特定的規則，但是規則是可以被打破的。」今年底，因疫情中斷了兩年的《胡桃夾子》將回歸溫哥華的伊麗莎白女王劇院舞臺。讓我們拭目以待，吳振紅這次又將帶給觀眾什麼樣的驚喜。



Ms Chan Hon Goh C.M. and family with the Governor General of Canada | Her Excellency the Right Honourable Mary Simon, at a private reception following the Order of Canada investiture ceremony Rideau Hall.



在家人陪同下出席卑詩大學榮譽博士授予典禮
Family at UBC 2020 Honorary Degree Ceremony

GOH 芭蕾學院
GOH Ballet





吳振紅和父親吳祖捷
Chan Hon Goh and her father Choo Chiat Goh



吳振紅舞臺劇照
Chan's performance

2009年 Montecristo 雜誌冬季刊
Montecristo Magazine, winter 2009



吳振紅自創品牌芭蕾舞鞋
Chan's shoe



2021年7月出席學員的試演
Goh at an auditon, July 2021




在課堂指導學生
Teaching in class




吳振紅勉勵學生
Encouraging students




吳振紅在課堂指導學生
Goh at class



與學員分享
Sharing with students in class



學生演出照
Student's performance

Break Through Barriers and Make History — Chan Hon Goh's Ballet Dreams and Life

Artists often give the impression that they are uninhibited or refined. But Chan Hon Goh's every gesture is infused with a purity, a focus to create beauty. She says, "Art is to affect others, to bring to the audience a more beautiful feeling."

Reaching the Pinnacle of Art

She really did it, and she reached the top. Ballet is a western tradition, a white-dominated territory. But Chinese born Chan Hon Goh, with an Asian face, has made history in this territory.

In her teens she became the first Canadian dancer to win an award at Switzerland's Prix de Lausanne International Competition of Dance and the silver medal at the British Royal Academy of Dance's Genée International Ballet Competition. She was recruited by the National Ballet of Canada upon graduation from high school and at 24 became the first Chinese Canadian to be a principal dancer. She was invited many times to dance with ballet companies in the USA, Europe, Australia and Asia.

In her 21 years with the National Ballet of Canada, besides typical roles in Swan Lake, Sleeping Beauty and Romeo and Juliet, Chan Hon has danced Madam Butterfly and other roles specifically choreographed for her. Whether an innocent young girl or a tragic romantic figure, her performances deeply touched the hearts of

audiences. Critic Susan Walker had this to say about Chan Hon Goh: "A dancer with strength and elevation belies her slender frame, a performer who moves audiences with her indelible interpretation of tragic heroines."

Chan Hon retired from the National Ballet Company in 2009, choosing Giselle as her farewell performance. At the end, the audience's applause was thunderous and long. Canadian media raved about her performance. The Toronto Star said: " … Goh and Konvalina … give a contemporary audience a reason to believe in the redeeming power of love through their stirring performance".

Her excellent artistry brought Chan Hon much recognition - she has received the Queen Elizabeth II Diamond Jubilee Medal, YWCA Outstanding Woman Award, Outstanding Immigrant Award and Canada's highest honour for Canadians - the Order of Canada. UBC granted her an honorary doctorate.

Talent and Sweat

To achieve this success, there was her natural born talent, and extraordinary perseverance. Ballet is full of contradictions: the audience see ballerinas jump light as feather, their bodies always so soothing and elegant. But for a ballet dancer, every jump, every pose requires extreme control that takes years of training and sweat.

Because of her love for ballet, Chan Hon never minded the exhaustion and physical toll of practice. Mention dance, and her eyes light up. She said: "Being a dancer is a joy because there is always

room for improvement, a higher level." She feels very fortunate because she was doing what she most loves.

Her only fear was that injury would impact her practice and performance. In her over 20 years dancing career, she has had three fractures, one from a car accident. She was worried she would need to walk with crutches. But hard work brought her back to the stage.

Family Influence

Chan Hon was born into an artistic family. Her father, Chu Chiat Goh, was born in Singapore (this is why their last name is spelled Goh, from the Hokkien and ChaoShan dialects common in Singapore, and not spelled Wu, as in the Chinese Pinyin used in China). He studied in the 1950s with a USSR ballet master in Beijing, where he met his wife (Lin Yee Goh). Together they later became principals with the National Ballet of China.

The Goh parents did not want their daughter to get into ballet because they knew how difficult it would be and how short lived a ballerina's career is. They often said: "This family already has two dancers who can't do anything else, there can't be another one like that." But Chan Hon loved ballet. She has dreamed of being a dancer since she was a little girl, often dressing up in her mother's ballet slippers. After immigrating to Canada, the senior Gohs opened Goh Ballet Academy to teach ballet. Chan Hon often sat on the sidelines to observe. When she was eleven her parents finally gave in and started teaching her formally.

Besides her parents, Chan Hon's grandmother was a big influence. When her parents were busy with work, young Chan Hon spent a lot of time with her grandmother. She remembers her grandmother being an upright and highly disciplined woman. She told Chan Hon, "Whatever you want to do, you must work extra hard. When you are twice as good as other people, they will not be able to not give it to you."

This is the standard Chan Hon sets for herself. At the National Ballet of Canada, she rose to principal dancer in a few years not because she was lucky but because she was focused. Whenever she was not picked by the choreographer, she didn't blame her skin colour or background as barriers, she would reflect on her technique to see where she could improve. That's not to say there was no racial discrimination in Canada at all. But because of her focus on continuing to improve, she did not settle for excuses.

Art Legacy Giving Back to Society

After retirement, Chan Hon returned to Vancouver to work at Goh Ballet Academy, and became the artistic director of Goh Ballet Youth Company. Besides Chan Hon, this dance academy has produced many exceptional ballet dancers, many of whom have won competitions internationally thus earning the school such a reputation that students come from around the world. Still Chan Hon is not content to rest on her laurels. She is looking for that next level.

The ballet Nutcracker is a Christmas tradition in the west. Chan Hon feels that every city should have its own Nutcracker. Since 2009, she has been working on her own Nutcracker in her second home town Vancouver with Goh Ballet Youth Company. Chan Hon invites star dancers to guest dance to bring more celebrity to the show, and to provide her students with a rare opportunity to dance with well known ballerinas. Goh Ballet's Nutcracker has become a proud new Vancouver tradition.

Besides teaching her students, Chan Hon often participates in international events, sharing and liaising with artists from around the world, as well as supporting young dancers from Third World countries.

Innovation and Dream

The pandemic that started in 2020 posed a great challenge for Goh Ballet Academy and Youth Company. As Chan Hon said, "Ballet is a living art." When dancers cannot perform on stage, or practice collectively, it is like someone announced the end of the ballet school and dance group. But Chan Hon did not give up, she continued to look for breakthroughs.

In order to sustain her students' interest and confidence in ballet, she created "alternative programs". Chan Hon rented a theatre where students could schedule individual time slots to record their dancing in a video to be sent to dance festivals or international competitions. Video clips are also combined together to form a complete show

and uploaded online for students and their families to enjoy and share.

Also in 2020, Chan Hon found a screenwriter and director to make a movie that tells, from a young dancer's perspective, the 10 year journey of developing The Nutcracker at Goh Ballet Academy. In 2021 Chan Hon produced a documentary about different Goh Ballet Academy students and their dance and life stories. They are from different ethnic and cultural backgrounds, face all kinds of struggles and dilemmas including doubts about their own physical suitability to be a ballet dancer. But they all have a passion for dance, and at Goh Ballet Academy they have found the confidence to make their dreams a reality.

In the documentary, Chan Hon said: "When I took over the school, I wanted to move into the new era, the new century. There are certain rules in ballet, but rules can be broken."

Later this year, The Nutcracker will return to Vancouver's Queen Elizabeth Theatre after a two year hiatus due to Covid. We all eagerly await what new surprises Chan Hon would bring to her audience.



梁立安牧師
Rev. Danny Leung

作者：金綺文

Writer: Annie Qiwen Jin

信仰的力量
—梁立安牧師

尚未見到梁立安（Danny　Leung）牧師本人時，就從他的電郵文字裏感受到他的溫暖和明亮。

在獲知自己被選為2022年紅楓傳奇獲獎人之一後，梁牧師很快便向組委會和相關人員發來郵件。他感謝組委會，說自己不過做了份內之事，獲此殊榮實感意外。末了他說：「我將接受大家對我的鼓勵，不過一切榮耀和讚譽都歸我的主。」

古語有云：謙謙君子，溫潤如玉。梁牧師就是這樣一個謙厚而透著溫潤光澤的人。儘管他雙目失明，卻一直將溫暖和希望帶給他人。

少年坎坷路

梁立安生於越南西貢。1979年他隨兩個哥哥乘船離開戰火中的越南，歷經艱險抵達海南島，輾轉至香港後以難民身份來到加拿大。那時他才14歲，一句英文也不會說，白天去學校上學，晚上和周末還要和哥哥們一起去打工。這樣艱苦的日子持續了幾年，就在逐漸適應了新環境時，卻突然因為視網膜脱落而失明。

經過兩次手術後，醫生告訴梁立安，只有去美國做後續的手術才有復明的希望。然而安省醫療保險部門最初未批準他去美國手術的費用，梁立安只能在加拿大又接受了兩次手術，後來醫療保險部門終於批準他去美國做手術，但手術黃金期已過，最終湮滅了他重見光明的希望。

年輕的梁立安經歷了一段非常痛苦和困惑的時期。他曾

不停發問：「為什麼是我？為什麼要讓我遭受劫難？」最終對上帝的堅定信仰讓他走出迷惘、接受現實並重獲內心的平靜。他聽到內心傳來的訊息：「上帝拿走了我的一件好東西，必定是為了給我另一件更好的。」

信仰的力量

他用一個半月的時間掌握了點讀法，通常一般人所需的時間是四個月到兩年。梁立安説，他沒有捷徑，也沒有異於常人的天賦，是上帝給了他信心和動力。他渴求與世界重新建立連接，住在加拿大國家視障學會時日以繼夜地學習，以至於社工發現後強制他晚上必須休息。

靠著同樣的勤奮與毅力，梁立安重返學校修完高中課程，又到溫尼伯繼續大學課程。從曼尼托巴大學電腦專業畢業後，他返回多倫多，後來進入貝爾公司擔任工程師。

對很多人而言獲得這份職業應當很滿足了。但梁立安沒有止步於此。他以半開玩笑的口吻回顧往事，説因為擔心有朝一日會被公司炒魷魚，所以不斷學習新技能。工作之餘他又陸續通過學習獲得了網絡工程和項目管理證書，還拿到了足底按摩和生命技能教練牌照。

在貝爾工作的18年間，梁立安不僅沒有因為視力障礙而影響工作業績，還因表現出色被提拔到管理職位。最終他沒有被公司解僱，反倒是自己炒了老板的魷魚。2006年，他響應內心的感召，辭去工作，全身投入福愛傳道社的事工當中。

投身教會事工

梁立安創立了專門服務視障人士的基督教慈善機構樂明視障團。他還獲得了聖經輔導學位，並於2013年成為牧師。梁立安特別能夠理解後天失明者的感受。他亦深知，在中國及一些亞洲國家傳統文化中，人們將身體的殘障視為遭受詛咒的結果，往往諱莫如深，殘障人士因此更加與外界隔絕，所以他們需要幫助跨越身體和文化的雙重障礙。

某年多倫多國際電影節期間，樂明視障團與相關機構合作，在多倫多市中心專門為視障人士播放一部配有解説聲音的中國電影。有位視障者想要來參加，他妻子打電話來了解，交談中梁立安得知，這位視障者失明多年卻從沒用過白杖。他極少出門，每次出行時只能由妻子牽著走。若是遇到內急又沒有單獨的洗手間可用，妻子就只能將他帶到女士洗手間，然後不得不向裏面的人解釋，她的先生看不見，請她們諒解。

「想想看這有多尷尬!」梁立安説。很多對健全人而言日常不起眼的或者理所當然的小事，對視障者而言都有千倍萬倍的困難。這些梁立安都有切身體會，所以他覺得最重要的是幫助視障者重獲信心，融入社會。

視障人士也是VIP

梁立安用VIP這個雙關語來稱呼視障人士：VIP在英文中既可以是「視覺受損者」的縮寫，也是「特別重要的人物」的縮寫。這是梁立安將信心重新注入視障者心中的一個契機：他結合聖經教義告訴視障人士，失明並不是失明者本

身的錯，也不意味著失明者的生命失去價值；無論是否失明，基督徒都是上帝寶貴的子女，是特別重要的人物。

他常常對其他視障者說：「不要放棄。我無法治愈你的眼睛，但是我會和你一起，我能做到的，你也能做到。我們的路途雖然艱難，但是一定會到達美好的終點。」

樂明視障團通過集體治療、一對一輔導、同伴支持以及職業培訓的方式向視障者以及他們的家人提供幫助，還組織成員做義工回饋社會。每年冬天，梁立安帶領樂明視障團的成員一起加入多倫多華人基督教會的「寒冬送暖流」活動，為無家可歸者準備新鮮製作的餐包。這些活動讓視障者感受到自己仍是有價值的。

樂明咖啡廊

然而對於視障人士而言，學會獨立生活以及做義工還不夠，他們往往還需要有一份工作，不僅帶來經濟收入支撐自己和家人的生活，也是實現自我價值的最好途徑。

2014年在華人教會支持下梁立安開設了一間咖啡廊，為視障人士提供收銀、店鋪管理等職業培訓的同時也直接提供就業機會。他苦心鑽研奶茶沖泡方法，掌握了精湛的技藝，一舉贏得香港咖啡紅茶協會主辦的2017年國際金茶王大賽北美區冠軍，並與來自世界各地的選手一起參加了在香港的總決賽。雖然最終只獲優異獎，但作為決賽中唯一視障人士，梁立安已經創造了奇跡，也大大鼓舞了其他視障人士。

疫情前樂明咖啡廊已創造了8個全職和兼職就業機會。梁立安也努力打造多元和包容的氛圍：在文化咖啡廊，視障員工和有視力的義工完美配合；而樂明視障團也不僅為說粵

語和普通話的華人服務，還為只說英語的視障者服務。

挑戰非挫折

當新冠全球疫情襲來時，文化咖啡廊也像所有餐飲企業一樣遭遇危機。但梁立安說：「所有困難都是挑戰，而不是挫折。」他始終保持堅定的信仰，並且把信心傳遞給團隊，同時做各種調研評估。2021年樂明咖啡廊重新開業，並且實現了能夠接受網上訂單和郵寄產品，遠至蒙特利爾、渥太華甚至加利福尼亞的客戶都通過網絡發來訂單。

展望未來，梁立安說，他有兩個夢想。其一是建立視障人士培訓中心，可以讓視障者在其中學習從英文到按摩療法以及咖啡店營運的各種知識和技能。其二是建造專供視障人員居住的公寓住房。梁立安解釋說，視障人士租房很困難，因為房東往往會擔心安全風險而拒絕將房子租給他們。同時在一些養老院中，出於擔心發生磕碰及缺乏人手等因素，視障長者的行動會受限制，令這些長者外出活動和社交的機會降低。讓視障者過上有質量、有尊嚴的生活，始終是梁立安最大的心願。



梁立安和他的導盲犬
Danny and his guide dog



參加約克區警局舉辦的2022年國際消除種族歧視日活動
Participate 2022 YRP International Day for the Elimination of Racial Discrimination



咖啡室開放日
Cafe Open Door Event



樂明視障團活動
Joy Beyond Vision Community event



梁立安在溫哥華CCM分享
Danny was sharing in Vancouver CCM



與樂明視障團工作團隊合影
With the working team at JBVC



在護理院分享
Sharing at the nursing home



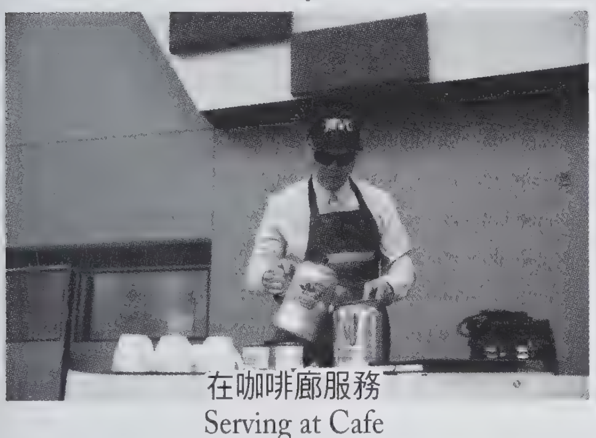
得到顧客好評
Appreciation received from customer



獲得萬錦市無障礙獎
Received City of Markham
Accessibilty Award



沖泡奶茶
Making tea



在咖啡廊服務
Serving at Cafe



梁立安和Maria一起在樂明咖啡廊沖泡VIP港式奶茶
Danny and Maria brew VIP HK style milk tea at JBVC cafe



參加奶茶沖泡比賽
Participating in the competition



在中心擔任收銀員
As cashier at the centre

在港式奶茶大賽中獲優異獎
Outstanting Award in Hong Kong Style Milk Tea competition



獲得2017年國際金茶王大賽北美賽區冠軍
Win in International Kamcha Competition 2017

The Power of Faith
Rev. Danny Leung

Even before meeting Rev. Danny Leung in person, I could feel his warmth and radiance in his emails.

When he found out that he was a recipient of the 2022 Chinese Canadian Legends award, Rev. Leung promptly reached out to the Selection Committee by email. He thanked the Committee saying he felt he was only fulfilling his responsibility, and the recognition was unexpected. He concluded by saying "I will accept your encouragement, although all the glory and praise belong to my Lord."

There's an old Chinese saying "A humble gentleman is gentle as jade." Rev. Leung is just such a humble, gentle and brilliant person. Despite losing his sight, he has continued to bring hope and warmth to others.

A Tumultuous Youth

Danny Leung was born in Saigon, Vietnam. In 1979 he left the war torn country by boat with his two older brothers and reached Hainan Island after an arduous journey. After a period in Hong Kong, they eventually arrived in Canada as refugees. He was fourteen then, and spoke not a word of English. He went to school during the day, and worked with his brothers in the evenings and on weekends. After several years, as they were gradually adjusting to life

in their new country, he lost his sight due to retinal detachment.

After several unsuccessful operations, Danny was told by doctors that his only hope was to get an operation in the United States. But Canada's health insurance would not cover these out of country expenses which the family could not afford, dashing his hope of regaining his sight.

Young Danny Leung went through a dark, difficult period. He asked "Why me? Why make me suffer from calamity?" In the end it was his faith in God that led him out of the quagmire, accepting the reality and regaining a sense of inner peace. He heard the message "God took away something good; there must be something else that is better."

The Power of Faith

He learned Braille in one and a half months, something that usually takes 4 to 24 months. Danny said he didn't take any shortcuts, nor was he any genius. It was confidence and motivation from God. He was eager to reconnect with the world, so he studied day and night while living at the Canadian National Institute for the Blind (CNIB). When a social worker found out he was strongly encouraged to rest at night.

Using the same work ethics and determination, Danny returned to school, finished high school and went to Winnipeg for university. After graduating from the University of Manitoba with an IT degree, he came back to Toronto and took a job as an engineer with Bell.

For many people, this would have been a great accomplishment. But he didn't stop there. Half-jokingly, as he recalls now, he was worried about one day being laid off so he kept on learning. In his spare time, he obtained certifications in web engineering and project management, as well as licenses in reflexology and life skills coaching.

In his eighteen years with Bell, Danny was never hindered by his lack of sight, rising to a manager position. But eventually instead of being fired, he "fired" his employer. In 2006 he followed his heart and quit his job to work full time at Christian Aid & Relational Evangelism Inc..

Ministry Work

Danny founded an organization that specializes in serving the visually impaired - a charitable organization called Joy Beyond Vision Community (JBVC). He also qualified and became an ordained minister in 2013. Danny's personal experience in losing his sight after birth, and his appreciation of the cultural belief in China and some other Asian countries that physical disabilities come from some curse, helped him understand the resulting stigma that people with disabilities face - they can be isolated from their communities, exacerbating both physical and cultural barriers for them.

One year during TIFF (Toronto International Film Festival), JBVC partnered with TIFF to screen a Chinese movie with audio description in downtown Toronto. One visually impaired person was interested and when his wife phoned to inquire, she happened to

speak with Danny. He learned that this man had not tried a white cane, and rarely went out. When he did, he needed to be guided by his wife. When they could not find any accessible washrooms while out, she would bring him into a women's washroom, enduring the indignity of having to explain and apologize to other washroom users.

"Imagine how embarrassing that is", Rev. Danny Leung asked. Many little things that most people take for granted can be monumental hardships for people who are visually impaired. Danny has personally experienced many of these, and he believes it is important for visually impaired people to have the confidence to be an integrated part of society.

Visually Impaired People are VIP

Rev. Leung calls visually impaired people VIP. This term means very important people in everyday vernacular, which of course the visually impaired actually are. Rev. Leung sees an opportunity to inject confidence into visually impaired people: through the words of the bible to let the visually impaired know that loss of sight is not their fault, and should not mean any loss of their value to society. Whether sighted or not, we are all cherished children of God, all very important people.

He often tells visually impaired people : Don't give up. I can't cure your sight, but I am with you and I know if I can do it, so can you. Our journey may be difficult, but we will reach a good destination."

JBVC uses group counselling, one-on-one counselling, mentorships

and occupational training to help the visually impaired and their families. As well, they use volunteers to pay back to society. Every winter, Rev. Leung leads JBVC members on the Toronto Chinese Christian Church's "Warmth in the Cold" activities , delivering fresh cooked foods for the homeless. These activities help the visually impaired people feel their own self-worth.

Cultural Cafe

It is not enough for the visually impaired to be self-sufficient in daily life and to do volunteer work. They need work, not only to earn an income to support their families but also to realize their self worth.

In 2014, the Chinese Church sponsored Rev. Leung in opening a Cultural Cafe to train visually impaired people job skills in cash taking and retail management as well as provide job opportunities. He painstakingly developed a milk tea recipe, winning the 2017 North American championship in Hong Kong Coffee and Tea Association's international tea competition. He even competed in the Finals with contestants from around the world, earning a Merit Award, as well as the distinction of being the only visually impaired person in the competition. This miracle has greatly encouraged other visually impaired people.

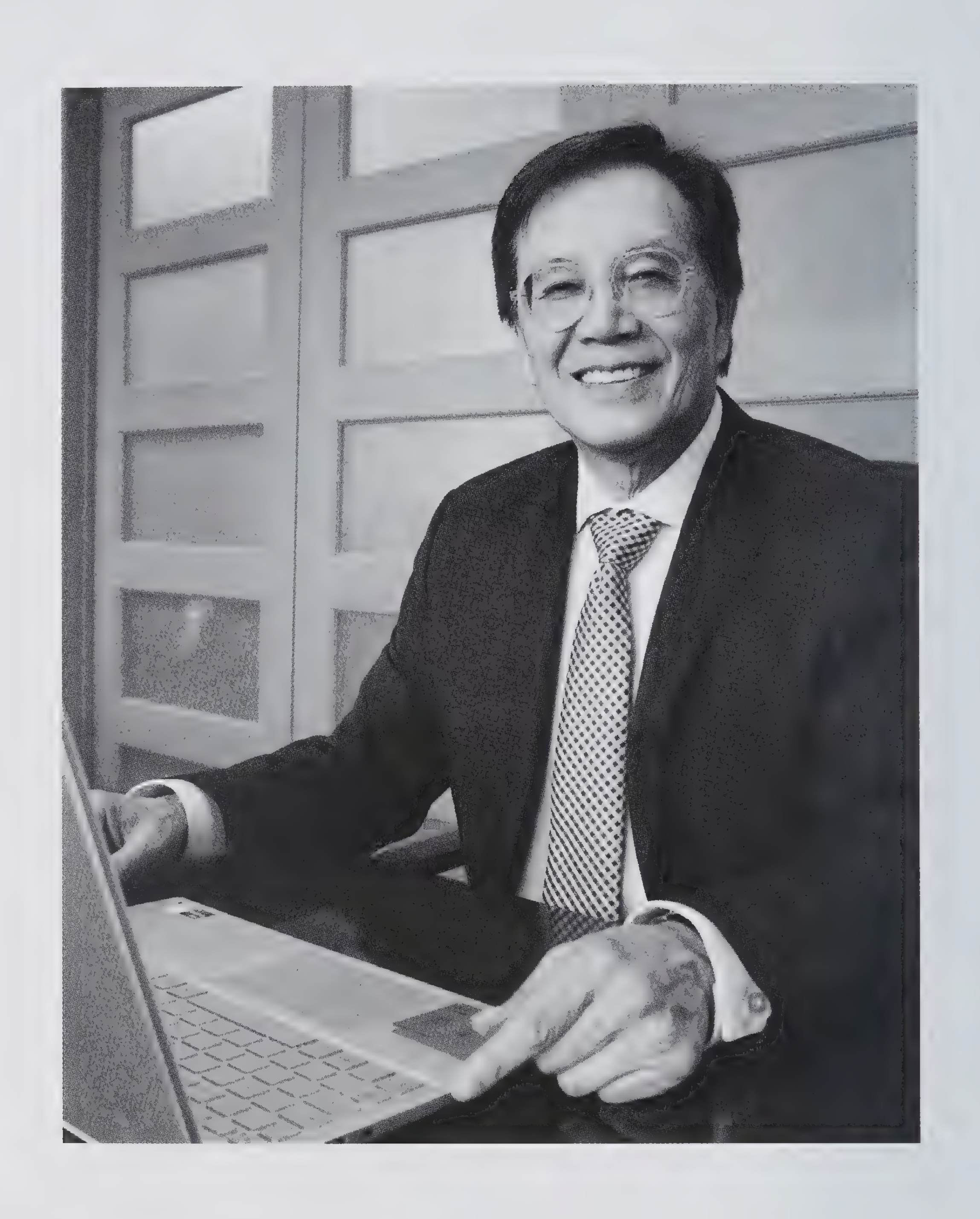
Before the COVID-19 pandemic, the Cultural Cafe had created 8 full time and part time jobs. Rev. Leung was working hard to promote a diverse and inclusive culture where visually impaired and sighted people worked side by side; JBVC provided services in

English, Cantonese and Mandarin.

Not Frustrated by Challenges

When COVID hit, the Cultural Cafe was impacted like other food service businesses. But Rev. Leung said "All difficulties challenge us but do not frustrate us." He maintains his steadfast faith and shares his confidence with his team, while completing various business analyses. When the cafe reopened in 2021, they started to accept online orders, as well as expanding to Montreal, Ottawa and California.

Looking into the future, Rev. Leung has two dreams. One is to establish a training centre for visually impaired people to learn anything from English to massage therapy and cafe operations. The second is to build an apartment building for visually impaired people. Rev. Leung explained that finding a place to live is often difficult for the visually impaired because landlords often worry about their liabilities and don't rent to them. Also in nursing homes, out of concern for safety and because of limited human resources, visually impaired residents' activities are often restricted making them lose opportunities for outings and social activities. Helping the visually impaired live a substantive and dignified life is Rev. Leung's greatest wish.



盧少峯
Selwyn Lo

作者：吳翠儀
Writer: Clorie Ng

立業安居成熱愛　推己及人惠社羣

盧少峯在加國五十年走過的人生路程，充分體現了“紅楓傳奇”的精神：憑著勤奮、堅定的意志和一直往前看的信念朝向人生目標。無論是追求高等教育、在地產界建功立業，以至為社區作出貢獻，並肩負單親爸爸的角色，全都出於一份熱愛，在有限中創造無限。

盧少峯說他只是一個“中等人”；從小在香港長大，家境普通，讀書成績也是一般，也許是太愛玩，無心向學，他的一位中學老師給他評語是：“文不文、武不武，宜走中間路線”。直到中五會考成績幾乎泡湯，要重讀中五，才發奮圖強，取得理想成績，由此也奠下了他對自己的信心和人生信念——只要不怠惰、全力以赴，定能做到。這股信念和思維，亦推動他去追求人生理想，並且活出自己的一套成功方程式。

勤 + 慎、專 x 兼

1970年代初，盧少峯以留學生身份來到加拿大唸高中，因他意識到教育的重要性，並打算上大學。其實他自小的志願是像他的舅舅一樣成為生物化學家，又或是醫生，卻自知讀不來，於是選修商業和經濟學。在多倫多大學畢業後，不久即受聘於一家全國性百貨公司任初級文員，儘管要克服語言和文化障礙，他的辛勤工作和出色表現使他迅速獲得晉升。

然而，盧少峯看到若要更快上位，唯一途徑是繼續進修。當時他已經結婚並且有兩個孩子，要獨力養家，不能辭掉工作，於是決定工餘兼讀進修課程，獲取了CMA（前身為RIA）專業會計資格及專業審計政書 (Certified Internal Auditor)，並先後在幾家知名跨國公司出任審計部經理。

隨著第三個孩子出生，他再添一份兼職擔任CMA函授課程講師幫補收入，生活中的種種擔子卻無阻他求新求進，把向來對房地產的興趣變成事業新取向，並且迅即取得地產經紀執照。

問他那段日子如何兼顧這麼多方面，種種負擔如何承受？

他說：“我完全不覺得辛苦，只知道不想回望一生，太平平凡凡，甚麼也沒有做過，然後兩手空空離去…所以要不斷進取、爭取，等不了。”

盧少峯自言他的強項是高度專注和管理時間；有一段日子每天要坐公車到市中心上班，來回三小時，他會全程埋頭讀書、溫習甚至完成功課，絲毫也不分心。

他又回想當年如何學會把握機會，選擇適當的時機表達自己所想，他很感激第一份工作的上司給他提點和指引， 部署跟公司內外的單位和對象溝通，一步一步走向理想。

至於為何轉職地產界，他說這並非一個急進的舉措，而是看到自己事業的未來發展，單靠勤力並不見得會有突破，加上他向來愛看漂亮的房子，也喜歡與人接觸，80年代末期正值新一股移民潮，有香港親友陸續移加，於是天時地利人和配合下成事。

默守而不墨守、進而不急

20世紀90年代迎來加國史上最嚴重的經濟衰退之一，房地產市場出現動蕩，盧少峯破斧沉舟投身地產界，迎向挑戰。此期間他又經歷家庭變異，離婚之後，獨力承擔起撫養兩女一子的責任，除了努力維持生計，還要設法兼顧教養孩子。

他由衷地說："那段日子，平日吃飯都是外賣三和菜、炒粉麵、漢堡飽、炸雞輪流交替，週末有時間才會自煮碟頭飯，但我完全不覺得辛苦…"

他反而注重給孩子及早灌輸做人處世的觀念，例如怎樣保護自己，分辨好人與壞人、聽清楚人家説話背後的真正意思。他希望兒女無論做哪一種行業也好，最重要是不要得過且過。1997年，他的其中一位女兒當選了國際華裔小姐的冠軍，父親傳授的處世之道，自然更見受用。

在忙碌的生活中，盧少峯還找出時間來開始參與社區工作。1994年，他參與創立臺灣文化商業協會，並成為董事，該會的目標是透過一年一度的大多市國際嘉年華會推廣台灣文化。 同年，他又參與籌辦臺北館首屆臺灣親善公主選舉。

可是，這個"第一次"留下的難忘記憶，反而是一些負面經歷，事因在過程中出現了利益衝突，造成不愉快事件。對他而言，搞社區活動絕對不可做違背良心的事，他也從中汲取教訓，慎選日後參與的社區活動。

邁出了這一步，盧少峯看到幫助社區的重要性，無論是商業還是非商業。1995年，盧少峯加入加拿大華人商業地產會

(CCCRN)，並成為財務秘書。該會在當時房地產惡劣的環境下，充分發揮了促進華人經紀之間的聯繫和交流的角色，彼此共勉共渡難關。

創而不妄、擇善而不移

走過一段堅守事業的日子，盧少峯在事業和社區參與都步入新里程。

2003年，他加入安省華人地產專業協會（CREPSO），成為董事，隨後當選為副會長之一。 該會以促進華人地產經紀之間的溝通和專業精神為目標，擁有三千多名成員，在多倫多地產界舉足輕重。盧少峯致力為成員組織多項培訓及研討會，務求提高業者的專業精神和知識。 他認為這對保護公眾利益，至關重要。

作為一位囊括眾多銷售獎項的資深房地產經紀，並且得到多位同事和員工的支持和協助下，盧少峯2005年創立了新公司“百利置業”，標誌著職業成就的另一個里程碑。

與此同時，盧少峯也開始投入更多時間和精力於社區和慈善工作，因他深感回饋社區和幫助別人的重要性。他加入了金水仙慈善晚宴籌委會，為加拿大癌症協會在華人社區籌集資金，提高省華人社區對癌症早期發現、診斷和預防的認識。2015年，盧少峯擔任慈善舞會的聯合主席，並連續三年為加拿大癌症協會和金水仙基金會籌集了數十萬加元。在他眼中，金水仙基金會成員都是十分專注於共同目標的有心人，並且致力用最少行政費達至最高籌款額。盧少峯多年來為該會貢獻的精

神、時間和金錢也沒有被忽視，於2018年獲安省政府頒授安省義工服務獎。

盧少峯深受鼓舞，更進一步參與其他社區慈善活動，還把自己對歌唱的熱愛變成籌款方式。過往幾年，他在多項籌款活動中參與慈善歌唱表演，包括在中央島龍舟節為荷蘭Bloorview兒童康復醫院籌款、孟嘗安老院舉行的100歲生日慶祝活動，以及多倫多雅賢獅子會歌唱籌款活動等。

他又向多個團體作出慷慨捐款，如贈予家和機構（CFSO）用於植樹、文化更新研究中心用作中國北方兒童教育、生命恩泉（FLL），以及多項馬拉松比賽，並為慈善機構，如耆暉會的長者及社區服務籌款。

過去兩年疫情期間，盧少峯參加了多倫多雅賢獅子會和其他組織舉行的一些網上慈善歌唱籌款活動，分別為耆暉會，加拿大糖尿病協會等組織籌款。

2021和2022年，盧少峯參與了士嘉堡健康網路（SHN）的慈善籌款活動，並於2022年SHN的慈善歌唱活動獲得最高籌款獎。不斷求進的他，由於不滿自己的歌唱水平，還開始每週一課拜師進深歌藝，即使是籌款做善事也不想得過且過。

在疫情期間，儘管許多企業在嚴峻的經濟和商業環境中無奈要關閉，盧少峯逆市而上，毅然接管了另一家地產公司及其員工，其後更設立了分行。

直到今天，盧少峯仍致力於不僅為自己，也為加國社區創造更好的生活。他也鼓勵移居加國的華人於保留固有文化之同時，更要投入加國生活方式，為家、國、社區出一分力。



加入香港童子軍
HK Boy Scout



女兒當選1996多倫多華裔小姐
Daughter won 1996 Miss Chinese Greater Toronto



與家人一起 Family picture



新公司開幕(2005)
Office Grand Opening



與朋友同唱聚
Singing in Band with Friends



加入香港交通安全隊
HK School Safety Patrol



跟兒女共渡夏日
Enjoying Summer with children



女兒當選1997國際華裔小姐
Daughter won 1997 Miss Chinese Internationa



與女兒出席加拿大華人商業地產會活動
CCCRN Board with Daughter at Event



代表金水仙基金會接受
電視訪問
GDE TV Interview



參與多倫多雅賢獅子會歌唱籌
款活動
Participation in Elegant Lions
Club Charity Singing Fund
Raising Event



為兒童康復醫院籌款
Charity Singing Fund
Raising Event



出席安省華人地產專業協會董事會
CREPSO Board of Directors Meeting



金水仙慈善晚宴"上海之夜"(2016)
Golden Daffodil Ball Shanghai Night Fund Raising



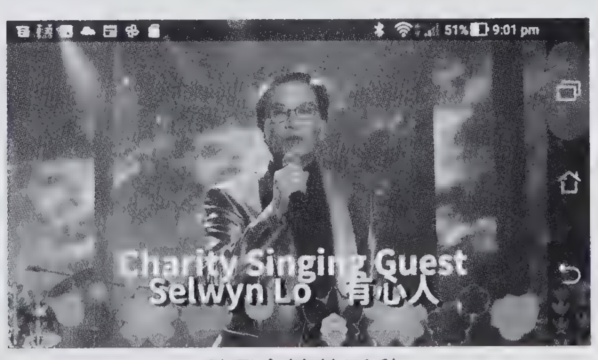
獲頒安省義工服務獎
Ontario Volunteer Award



金水仙慈善晚宴籌委會及義工
GDE CCO Board Members and Volunteers



出席安省華人地產專業協會董事會演唱活動
CREPSO Board at another Organized
Concert Event



耆暉會籌款活動
Fund Raising for Carefirst Foundation

Selwyn Lo

Passion for Profession, Pay Forward for Community

Selwyn Lo's 50-year journey in Canada fully demonstrates the Chinese Canadian Legend spirit. His diligence, determination and forward looking philosophy helped him achieve his life's goals. Whether it's higher education, setting up a realty business or giving back to society and being a single father, he gives his all to achieve the infinite in the finite.

Selwyn Lo thinks he is an "average person"; growing up in Hong Kong in an ordinary family, he earned average grades in school, perhaps because he was more interested in having fun than studying. A teacher once told him "you're suited to go the middle of the road route" In Form 5 when he did poorly in the School Certificate exams and had to repeat the year, he decided to buckle down to get better marks. This was the turning point where he built his self-confidence and realized that with hard work, much can be achieved. This belief and thinking motivated his pursuit of life's ideals and formed the basis of his formula for success.

Diligence + Care 、Professionalism x Balance

In the early 1970s Selwyn came to Canada as a student to finish high school because he realized the importance of education and planned to go to university. In fact, since he was a little boy he aspired to be a biochemist like his uncle, or a doctor. But because

he could not get the grades for either profession, he chose business and economics. After graduating from the University of Toronto, he started working as an entry level clerk at a national department store. Despite having to overcome language and cultural barriers, he quickly advanced in the company.

But Selwyn realized that to advance further he needed more education. At the time he was married with two children, and as the sole breadwinner in the family he could not quit his job. So he decided to study part time, earning a CMA (formerly RIA) and then qualifying as a Certified Internal Auditor, variously working as an auditor/manager at several well known international companies.

After the birth of his third child, he took on a part-time correspondence course instructor position for the CMA to augment his income. Building on his interest in real estate, he subsequently earned his real estate licence.

Asked how he managed all those responsibilities at the time, he said "I didn't find it hard. I just knew that I didn't want to look back at my life and regret not having achieved much. One needs to keep striving for more. Can't wait."

Selwyn feels his strengths are laser focus and time management. For a time when he commuted by public transit to work downtown, he spent the three hour return trip studying and finishing homework. No distraction.

He recalls learning to seize opportunities, picking the right time to express his wishes. He is grateful to his first manager who advised and guided him to network and strive for his next goals.

As to why he switched to real estate, he said it wasn't an impulsive move. He knew that his career success cannot be achieved by hard work alone. Plus he enjoyed beautiful houses and interacting with people, so when there was a new wave of immigrants in the late 80s, with many friends and relatives moving to Canada, he seized the moment and made the move.

Silent but no Compliant、Progress but not Make Haste

Canada saw one of its worst economic downturns in the 90s, the real estate market was volatile. Selwyn took the challenge head on and took the plunge with real estate. He was also going through a divorce at the same time. After the divorce he took on the responsibility of raising his two daughters and one son, making a living and looking after the children.

He said quite sincerely, "In those days, dinner was a rotation of takeout combo meals, stir-fry noodles, burgers and fried chicken. There was only time on the weekends to make some simple home cooked meals. But it didn't feel hard at all …."

He focused mainly on instilling in his children at a young age life principles such as self protection, telling good from bad, listening for the true message in what people say. He hoped that no matter what work they went into, his children would know the value of excellence. When his daughter won the 1997 Miss Chinese International, these philosophies seemed to have gotten through.

Selwyn found time in his busy life to participate in community work. In 1994 he helped with founding the Taiwan Cultural

Business Association, and became one of its directors. The association's objective is to promote Taiwanese culture through the annual Toronto International Carnival. That same year he participated in organizing the first annual Goodwill Princess Pageant of the Taipei Pavilion.

This "first" left an indelible, negative impression due to some conflict of interest issues. For him, community work must be done ethically. He learned his lesson from this event and has been more judicious in what activity he chooses to join.

From this, Selwyn also realizes the importance of helping the community, whether business related or not. In 1995, Selwyn joined the Canadian Chinese Commercial Realtor Network (CCCRN) and became its treasurer. This organization played a key role in connecting Chinese real estate agents to support each other during the economic crisis.

Creating with Humility、Charity with Respect

After some time focusing on his work, Selwyn transitioned into a period where work and community participation became equally important.

In 2003 Selwyn joined the Chinese Real Estate Professional Society of Ontario (CREPSO) becoming a director, and later one of the vice presidents. This organization's main purpose is to promote and enhance communication and professionalism among Chinese Realtors. With over 3000 members, CREPSO became an influential voice in Toronto's real estate community. Selwyn

worked on numerous training sessions and discussion groups for the members, aiming to elevate realtors' professionalism and knowledge. He believes that this is important to ensure protecting the public's interests.

As a winner of multiple real estate awards, and with the encouragement and support of colleagues and employees, Selwyn established a new brokerage firm, Homelife Broadway Realty Inc., marshalling in yet another important milestone.

Meanwhile, Selwyn started to spend more time and energy in community and charitable work because he deeply believes in paying back and helping others. After numerous years volunteering as a committee member for the Golden Daffodil Charity Ball to promote the importance of early detection, treatment and prevention of cancer within the Chinese community, in 2015, Selwyn became a Co-chair. For three years in a row, he helped raise hundreds of thousands of dollars for the Canadian Cancer Society and the Golden Daffodil Endowment fund.

In his mind, Golden Daffodil Foundation members are all focused on the common goal of minimizing operational expenses while maximizing funds raised. His work and contribution did not go unnoticed - in 2018 he received a Volunteer Service Award from the Ontario government.

Selwyn was deeply encouraged by this and redoubled his efforts in community charity work. He even leveraged his own passion for singing to raise funds. Over the past few years, he performed in several fundraising events including the Centre Island Dragon Boat Festival for Holland Bloorview Kids Rehabilitation Hospital, the

100th Birthday Celebration of Mon Sheong Home for the Aged and Toronto Elegant Lions Club charity concerts.

Selwyn has made generous donations to many organizations including CFSO (Community Family Services of Ontario) for tree planting; CRRS (Culture Regeneration Research Society) for Children's Education in Northern China; FLL (Foundation of Love and Life) and various marathon runs that raised funds for charities such as Carefirst Seniors and Community Services Association.

In the past two years of the pandemic, Selwyn supported the Toronto Elegant Lions Club and other organizations in several online fundraising concerts for Carefirst Foundation, Canadian Diabetes Association and others.

In 2021 and 2022, Selwyn participated in fundraising activities for SHN (Scarborough Health Network). In the spirit of continuous improvement, he even started taking weekly singing lessons to enhance his singing skills - demonstrating his pursuit of excellence even in fundraising.

During the pandemic, even though many businesses struggled and some even failed, Selwyn took over another real estate firm and their employees, and set up a branch office.

To this day, Selwyn continues to work hard not only for himself but also for a better life for Canadians. He believes that within the limits of a lifetime, there are limitless possibilities to give his best. He encourages Chinese people new to Canada to embrace the lifestyle in the broader Canadian society while preserving the culture of their home country.



譚詠詩醫生
Dr. Theresa Tam

作者：金綺文

Writer: Annie Qiwen Jin

打破壁壘　擁抱機會

如果不是三年前開始的全球新冠疫情，譚詠詩（Theresa Wing Sze Tam）的名字也許不會像現在這樣家喻戶曉。不過譚詠詩自己也從未想過有一天她會成為一個萬眾矚目之人。“我開始學醫的時候，從沒想過要成為首席衛生官或是一個頻頻和總理及內閣部長們打交道的人，”她說：“我只是當機會降臨時，就擁抱了它。”

少年志趣

譚詠詩生於香港，她的父母和很多親戚都是教師。10歲時她隨父母遷居英國。在英格蘭東部林肯郡的格蘭特姆鎮長大的她，仍帶著酷酷的英式口音。她很小就對科學表現出濃厚興趣。那個年代，在她就讀的劍橋郡彼得伯羅鎮的寄宿學校，很少有女孩子會考慮把科學作為未來的職業方向，但譚詠詩很幸運，她的老師們給予她很多鼓勵和啟發，為她奠定了堅實基礎。

生物和化學是譚詠詩最喜歡的科目，她也熱愛古典音樂，會演奏鋼琴、小號、和小提琴等多種樂器，還在讀高中時就拿到了倫敦音樂學院的鋼琴演奏級證書。在她看來，藝術和科學是相通的。不過她最後還是選擇了醫學。她說：「如果我成為科學家，還可以在業餘時間享受音樂，但反過來的話，就沒機會在科學領域發展了。」如今雖然工作極其繁忙，譚詠詩仍沒

有放棄自己的音樂愛好，她還新學了錫哨笛和大提琴兩種樂器。譚詠詩也喜愛運動，雖然在學校的時候她在體育方面沒有特別突出的表現，但她一直堅持運動健身，迄今已跑過數次全程和半程馬拉松。

從兒科醫生到傳染病專家

從諾丁漢大學醫學院畢業後，譚詠詩又隨同家人移民到加拿大。海外獲得的醫學學歷在加拿大很難得到認可，需要經過許多額外繁複的考試和認證。但對一心要從醫的譚詠詩而言，任何困難都無法阻擋她。她很快得到了在艾伯塔大學做兒科住院醫師的機會，後來又到卑詩大學任兒科傳染病研究員。

1996年譚詠詩成為加拿大皇家內科醫生和外科醫生協會的會員，迄今為止發表了55篇同行審議的論文。在譚詠詩看來，從醫是一種最直接的服務社會和幫助他人的方式。作為兒科醫生，看到孩童一康復就立刻恢復生龍活虎的狀態特別令人開心。不過，臨床治療一次只能幫助一名患者，想要幫助和保護更多人免於病痛，是她轉向傳染病防治與應急管理和公眾保健的主要原因。

在公共衛生管理領域嶄露頭角

1997年譚詠詩進入加拿大衛生部，擔任“應用流行病專員”。25年來，從非典到H1N1流感以及伊波拉病毒，每一次

重大疫情的應對，她作為資深醫學專家或高級管理人員都起到了重要作用。她帶領團隊完成了加拿大第一份跨所有省區的流感疫情應對指導文件——《加拿大衛生部門大流行流感應對計劃》。她在改善傳染病監測、加強免疫計劃、提升衛生應急管理以及加強實驗室生物安全和生物保全等方面作出諸多貢獻。她還作為世界衛生組織的國際專家參與了非典和流感疫情危機應對等全球項目，並且作為國際阻止脊髓灰質炎傳播項目專家組中的第一位非美國籍專家參與了在孟加拉國的消除脊髓灰質炎項目。

紮實的學術基礎、豐富的實踐經驗以及高度的敬業精神讓譚詠詩在衛生部以及2004年為應對非典危機而成立的加拿大公共衛生局脱穎而出。正如譚詠詩所言，她以往的所有工作和努力，“就像一塊塊積木一樣，奠定了如今所擔任職務的基礎”。她先後被提升為傳染性疾病防控助理部長和副首席衛生官，2017年被任命為首席衛生官，成為首位擔任此職位的華裔和女性，2022年她再獲任命，繼續連任。

聚光燈下的優異表現

2020年爆發的新冠全球大流行給全世界帶來前所未有的挑戰，身處抗擊疫情前線的譚詠詩一夜間成為加拿大人最關注的人物。全國封城期間，譚詠詩差不多每天都在電視上對民眾講話，通報疫情和病毒研究的最新信息。她也要隨時向特魯多總理及其內閣提供信息以供他們做決策時參考。在公眾看不見的

地方，她的主要任務是協調各省和地區的疫情防控工作。

譚詠詩說，與民眾和政府領導人的溝通工作類似於“翻譯”：她要把複雜的醫學專業知識“翻譯”成簡單清楚的信息給大眾，幫助他們做好自我防護，或者“翻譯”成便於政府決策者理解的內容，以便他們做出社會和經濟決策。最大的挑戰在於醫學界最初對病毒的了解非常有限，一切充滿未知數和不確定性，並且隨時在變化中。

與民眾溝通時她秉承的宗旨首先是保持透明度，無論是當前所知信息有限還是此前信息有誤，她都對民眾坦誠相告，同時承諾有新信息時會及時更新，發現錯誤則及時更正。其次她深知對於高層決策者而言，很多時候是在不同選項中進行艱難抉擇，各選項的優劣並非黑白分明，甚至僅有微妙差別，但民眾難以看到決策背後的複雜過程，他們往往只關注決策的內容和作用，所以譚詠詩以幫助民眾理解不斷更新的科學證據為己任，恪守專業和科學的立場。

譚詠詩冷靜誠懇的個人風格和專業素養為她“吸粉”無數，社交媒體上“#謝謝妳譚醫生”和“#我支持譚醫生”一度成為流行話題。但如同所有公眾人物一樣，她也不可避免地遭到無端攻擊。疫情相關話題常常被政治化，而譚詠詩則成為對執政黨不滿的異見者的攻擊目標。一些反對派抓住細枝末節大做文章，攻擊譚詠詩的立場甚至她的專業資質。對此譚詠詩的態度很淡然，她在接受媒體採訪時說：“我唯一關注的是和我的同事們一起把這波疫情控制住……我不會讓其他噪音分散我的注意力。”

這一方面是譚詠詩的個性使然，她坦言自己屬於“內向型”，“通常更關注自己能怎樣做得更好，而不是去和別人競爭”。另一方面緣於譚詠詩的自信和底氣。她的專業知識和經驗不是非專業人員的攻擊抹殺得了的，加拿大的抗疫成績更是有目共睹：和其他西方國家特別是相鄰的美國相比，加拿大每10萬人中的感染人數和新冠死亡率等硬數據方面的表現都非常優異，疫苗接種率更是遙遙領先。這些成績後面，譚詠詩功不可沒。

鼓勵後輩打破壁壘 超越自我

很多人將譚詠詩視為“華人之光”，她本人對於接受紛至沓來的榮譽非常謹慎，但她很高興自己能給年輕人樹立一個成功榜樣。她猶記得剛上任時，一位在公共部門工作的少數族裔同僚對她說：“看到妳擔任這個職位，我彷彿看到了希望，覺得自己也能有做到頂尖職位的一天。”

加拿大有許多華裔在醫療行業工作，但在公共衛生管理和醫療行業標準制定機構中卻鮮有華人面孔。譚詠詩認為，一個國家的醫療體系也應該體現它所服務的民眾的族裔結構，所以她鼓勵有志影響加拿大公共衛生決策和改善加拿大衛生體系的華裔年輕人多關注公共衛生領域，不要在內心給自己設限，當機會來臨時，積極擁抱它。她說，獲得成功的關鍵是“打破壁壘，包括外部和內心的壁壘，要相信自己能夠做到。”



新冠疫情新聞發布會
COVID-19 Press Conference



2022年國際艾滋病大會加拿大展臺
Canada Pavillion Aids 2022



2022年國際艾滋病大會HIV自測
2022 International AIDS Conference self-testing



與青年小組合影
Youth Panel



與雜技表演者合影
With Acrobats



世衛組織第三次「言出必行 人人健康挑戰」活動
WHO 3rd annual Walk the Talk Health for All Challenge



首劑新冠疫苗
First Covid Vaccination



第75屆世界衛生大會
75th World Health Assembly



環境周期間划皮划艇
Kayaking during Environmental Day



練習瑜伽
Yoga pose



慶祝中國新年
Celebrating Chinese New Year

騎行運動
Biking





與David Saint-Jacques合影
With David Saint-Jacques



譚詠詩少時
Young Theresa



Breaking Down Barriers - Embracing Opportunities —Theresa Tam

If it wasn't for the pandemic that started almost three years ago, Theresa Tam might not have become a household name. Theresa herself never expected to be in the spotlight. "When I started medical school, I never thought I would become the Chief Public Health Officer and interact frequently with the prime minister or cabinet members." Theresa said, "I just embraced the opportunity when it arrived."

Childhood Interests

Theresa Wing Sze Tam was born in Hong Kong where her parents and many relatives were teachers. She moved to Grantham, Lincolnshire, England at the age of ten and speaks with a blended and cool English accent. She has been interested in science from a young age, at a time when very few girls at her boarding school in Peterborough (Cambridgeshire) pursued science as a career. Luckily Theresa was encouraged and supported by her teachers, helping her build a solid foundation.

While biology and chemistry were Theresa's favourite subjects, she also loved classical music, and learned to play the piano, trumpet and violin, receiving the Associate of the London College of Music in pianoforte

performance diploma while in high school. She had equal passion for art and science, although in the end she chose medicine. She reasoned, "If I became a scientist I could still enjoy music in my leisure. But conversely I wouldn't have had the opportunity to pursue science." Today, despite being very busy with work, Theresa has not abandoned her love for music and picked up the cello and tin whistle along the way. While she did not excel in sports at school, she has since completed a number of half and full marathons.

From Pediatrician to Infectious Disease Specialist

After graduating from medical school at the University of Nottingham, Theresa immigrated to Canada with her parents and siblings. Foreign medical training is not easily recognized in Canada, requiring additional examinations and certification. However, with focused determination she quickly obtained a residency position in pediatrics at the University of Alberta, and later a pediatric infectious disease fellowship at the University of British Columbia.

Theresa became a member of the Royal College of Physicians and Surgeons of Canada in 1996. To date she has published 55 peer reviewed papers. Theresa sees being a doctor as the most direct way to service society and help others. As a pediatrician, she finds joy in seeing a sick child recover and regain their youthful vitality. But bedside medicine only reaches one patient at a time. To help more people and to protect them from disease was a main reason Theresa switched to

public health where the population is her patient, with a focus on health emergency management, disease prevention and health promotion.

Excelling in Public Health Management

Theresa joined Health Canada in 1997 as a field epidemiologist. In twenty-five years, from SARS to H1N1 and Ebola, she has made significant contributions as a medical specialist or a senior manager. She led a team to complete Canada's first published pandemic response plan--Canadian Pandemic Influenza Preparedness: Planning Guidance for the Health Sector (CPIP). She played a key role in improving infectious disease monitoring, enhancing immunization programs, improving health emergency management and strengthening laboratory biosafety and biosecurity. She was one of the World Health Organization's international experts in SARS and other pandemic response committees. She was the first non-US member of the Stop Transmission of Polio team and supported polio eradication activities in Bangladesh.

A solid education, rich work experience and exemplary professionalism combine to make Theresa stand out at Health Canada, and later at the Public Health Agency of Canada, after the agency was created in 2004 in response to the SARS crisis. As she puts it, all her experiences "are the building blocks towards the job (she is) doing now." Theresa was Assistant Deputy Minister for Infectious Disease Prevention and Control, then Deputy Chief Public Health Officer before she was

appointed Canada's Chief Public Health Officer in 2017, becoming the first woman, and first Chinese Canadian to hold that position. She was re-appointed in 2022.

Excellence in the Spotlight

The 2020 COVID-19 pandemic brought unprecedented challenges to the world, thrusting Theresa, as Chief Public Health Officer, into the limelight overnight. During the nation-wide lockdown, Theresa spoke to Canadians almost daily on television, sharing updates on the pandemic and the latest research on COVID-19. She kept Prime Minister Trudeau and his cabinet abreast of all developments to support their decision-making process. Out of the public eye, her main responsibility was to coordinate and collaborate on the management of the pandemic with all provinces and territories.

Theresa shared that communicating with political leaders and citizens involves interpretation - translating complex technical medical information into easy-to-understand everyday language so that people can best protect themselves and their families. Translating complex information also helped her advise decision makers in government so that they could develop social and economic strategies. At first, the biggest challenge was the medical profession had very limited understanding about the virus, amid much uncertainty, with information changing rapidly.

Theresa's top principle in communicating with the public is transparency. Whether there is only limited information, or whether previously communicated information is no longer accurate, she has been honest and has always strived to provide updates of new information or corrections on old information as soon as it's available. She appreciates that senior policy makers often have to weigh difficult choices when the options are not always clearly black and white, or even that distinct from each other. The public don't always see all the logistics and complexities, as they are mainly concerned about the specifics of the policies and their impact. Theresa sees her role as helping people understand the evidence as it evolves, making recommendations always from the perspective of scientific knowledge.

Theresa's calm, sincere approach has earned her countless "fans", social media hashtags like #ThankYouDrTam and #IstandWithDrTam were trending for some time. But like all public figures, she did not escape criticism. Pandemic conversations were often politicized, and Theresa became the target of critics of the government. Some opposition critics picked on granular details, at times aiming for Theresa's position and even her professional qualifications. Her matter-of-fact response to the media was "My singular focus is to work with all of my colleagues to get this pandemic wave under control...I don't let noise detract me from doing that."

This partly reflects Theresa's personality. "I am an introvert, I am a very internally-focused person, very self-driven, I tend to focus on how I can do better personally; I don't compete with other people". It also reflects

Theresa's confidence in her training and experience. Canada's track record in combating the pandemic is proof in the pudding - especially compared to other western countries such as the USA. Canada's infection rate per 100,000 population, mortality rate and vaccination rate are far lower than other similar countries. We could not have achieved any of these without Theresa Tam.

Encouraging Younger Generations to Break Down Barriers and Achieve More

Many people see Theresa as a "Chinese Beacon". She herself cautiously acknowledges all the recognition and is happy that she can be a role model for younger people. She recalls when she first became Chief Public Health Officer, a visible minority colleague in the public service had said to her, "It's really helpful to see you in this position because then I thought I could actually get there".

There are many Chinese Canadians in the healthcare field, but few in health policy or clinical standards committees. Theresa feels that a country's health system should reflect the ethnicities of the population it serves. That is why she encourages young Chinese Canadians interested in public health and health policy to embrace opportunities as they arise, and not self-limit their aspirations. She says the key to success is to "break down barriers including external and internal barriers and believe that you can do it."



黃明亮
Lenny Wong

作者：吳翠儀
Writer: Clorie Ng

逆境順境　懷抱光明
關愛社羣　點亮人生

四十多年前以難民身份踏足加拿大國土，由最基層的勞力工作起步，再憑努力與毅力闖開一番事業，創立了業務遍全球的“大洋海產有限公司”，並熱心參與扶助僑胞和社區。黃明亮的成就和貢獻不單獲多項殊榮——如安省好公民榮譽勳章和英女皇白金紀念勳章等等的表揚；他如何衝破身份、階級與環境的限制，達成理想，也成為加國移民的成功寫照。

談起自己的出身，黃明亮從不感到尷尬或迴避小時候經歷的辛酸；年僅12歲便要從戰亂中的柬埔寨逃亡，流落他鄉，成為無國籍難民…對他而言，很多細節和時序都記憶猶新，何況往昔走過的路，讓他不忘箇中學到的人生道理，也更會掌握今天，為自己和社會打造更美的將來。

黃明亮是生於柬埔寨的第三代華僑，祖籍潮州，來自一個生意世家，他笑説自己承繼了祖父和父親的遺傳基因，天生一副生意頭腦，自小已立志要從商，可是生不逢時，遭逢1975年柬埔寨史上最殘酷的“紅色高棉大屠殺”，逃亡潮把他帶到越南，繼而以難民身份前往法國，到十幾歲時已嘗過戰亂、飢荒、還有在異鄉遭受歧視的滋味。然而，苦難和困難都難不倒他，也沒有使他放棄追求人生的理想。

一心接受命運　一手創造命運

1980年，18歲的他獲批以難民身份移民加拿大，一家人落戶在利載拿（Regina），帶來另一個轉機。6個月以後，他隻身移居多倫多，希望尋找到更好的工作，再幫家人安頓下來。

回想初來步到，由於從小失學，只懂得小時跟美國教師學到的簡單英語和法語對話。他自然希望重新續學，甚至升讀大學，無奈生活所逼，必須張羅生計，加上身為長子，不得不腳踏實地幹活。

以他當時的學歷和背景，唯一技能就是一雙手和一身力氣，先後當過送貨、送外賣，餐館等工作，有些日子還同時打三份工，生活就只有休息、工作再工作，無緣跟一般20出頭的年輕人一樣活躍社交生活、參加派對、享受青春。

然而，他心中早已認定了人生目標，也不忘自小從商的志願，不想一生作勞動階層，是以一直等待機會。與其說是等待，不如說是締造機遇，尋找機會，一方面努力建立自己的人際網絡和信用，同時也勤於自學自修、收集資源、節儉儲蓄。

那段克己勤奮的日子，為他奠下成功基礎。他領會到做人處世和成功之道 ： 既要克己，也要待人以寬，不怕吃虧，也不要斤斤計較，但須要有底線有原則。此外，還要有恆心、決心、毅力、堅持、投入、不輕言放棄、不怕挫折、貫徹始終。此外，還要有計劃、做好準備。這聽來似乎都是老生常談，卻也知易行難，要真正做到，才稱得上是傳奇。而黃明亮正是以

身體力行實踐成功之道，譜出他的人生傳奇。

1983年，他抓住一個契機開創自己的生意。當時他仍在餐館打工，得知一些海產的來價甚高，他開始物色一些質優價廉的供應商，並找到一間在美國南部的公司，於是親身前往當地與該公司面洽，當時積蓄不多，只可坐十多小時灰狗長途巴士，也許正是這份誠意打動對方，黃明亮終於取得代理權，並成立了自己的公司“大洋海產”。雖然起步時只是一人公司，加上萬事起頭難，要面對各種問題，但他一直堅持下去，循序漸進建立事業。今時今日，公司已發展成全加拿大最大的冷凍海鮮公司之一，經營海鮮養殖源頭、生產、加工、以致配送，並在世界各地建立了加工廠、供應商和商業夥伴等組成的龐大產銷網絡。

毋忘共濟　援人之急

自創立了自己的事業以後，黃明亮一直不忘助人，尤其關心華人社區的需要。他說沒有受到甚麼偉人啟發，而是感到自己與生俱來有一個使命去幫助別人，即使不是大富大貴，也樂於分享所有，加上早年的經歷，以及在加國眼見華人遭受某些歧視和不公對待，有感要為社區伸出援手，作為他的社會責任。

回看他參與的社區項目， 最初是從自己的同鄉社群開始，多年來他一直是安省潮州會館的活躍成員，而且當了十多年會

長，現任永遠名譽會長。該會不但以發揚中華文化、團結鄉親、服務社羣為首要宗旨，更宣揚潮州人傳統敢於拼博、慷慨好義的精神，並曾多次發動鄉親捐助慈善機構，幫助世界各地的救災工作。此外，也是首個華人社團在安省設立獎學金制度。

黃明亮目前參與的機構計有十個多，包括加拿大安省越棉寮華人協會（永遠名譽會長）、加拿大惠仁會（永遠名譽會長）、多倫多香港獅子會（2019-21年會長）、大多倫多中華文化中心（名譽顧問）、多倫多史維會（名譽顧問）、頤康基金會（名譽顧問）、孟嘗會（榮譽董事會成員）、協群社會服務中心（基金會董事），多倫多警務華人諮詢委員會（委員）。

2022年7月，柬埔寨政府商務部在多倫多正式成立加拿大柬埔寨總商會，並選出黃明亮為首屆會長，目的是促進柬埔寨和加拿大之間的貿易、文化和商業機會。

從這些機構的性質可見，他除了關心不同族裔、界別、背景和年齡所需的服務，也特別支持一些關注華人歷史、文化、和權益的團體。

他坦言自己在加國生活多年，對加國當然有一份感情，然而他最大的動力和心願是希望主流社會更重視華人的地位，認同華人的付出、貢獻，並且聽取華人作為加國一份子的聲音。他想做一個幕後支持者，從沒想過參政，但對於各級政府的華人政客尤其關注與支持，卻並非盲目支持，首先要了解他們的政綱和工作，並且向他們表達訴求，希望他們以人民的福祉為

依歸。

他寧取低調作風，也甚少張揚捐助行動；對於有需要的社群、慈善機構、醫療機構，向來都毫不猶豫地挺身而出，解囊襄助。

2020年4月，正值新冠病毒開始肆虐，防疫口罩嚴重短缺之際，他挺身而出，響應王裕佳醫生發起的 STOP Covid-19籌款活動，為前線醫護人員購置首批20萬個醫用口罩。作為主要組織者之一，黃明亮於口罩運抵當晚親自到多倫多機場，由晚上一直工作到翌日清晨，忙於清關以及為運送口罩做好各項準備，務使前線醫護人員可以早日用上這批口罩。

過去20年，他的貢獻先後獲頒多個獎項及殊榮表揚，包括加拿大安省好公民榮譽勳章（2003–05）；歷來只有兩位華裔獲此最高榮譽、英女皇登基鑽禧勳章（2012年）、英女皇白金紀念勳章（2022）、150周年加拿大國慶傑出成就獎（2017）、加拿大傑出亞裔獎（2018）、多倫多警務局特許 20年社區貢獻獎（2022）、加拿大最佳社區服務獎（2010）、以及志願服務獎（2020）。

他回想最早開始捐款支持的是世界宣明會，助養貧窮國家的兒童，如今希望下一步的人生規劃，能回歸這個無國界助人的原則，不論是加國華人社區、主流社會、全球各地有合理需要的弱勢社群，都量力伸出援手，他更希望這個和衷共濟的精神和信念，可以與別人分享，並且延伸至下一代，豎立良好的榜樣。



與柬埔寨名譽領事攝於加拿大傑出亞裔獎頒獎禮　With Honorary Consul of Cambodia at Outstanding Asian Canadian Award ceremony



與聯邦參議員胡子修(中)及大多倫多中華文化中心前主席張怡專(左)攝於加拿大傑出亞裔獎頒獎禮With Senator Victor Oh (middle) and former Chairman of Cultural Center of Greater Toronto Dr. Adrian Cheung (left) at Outstanding Asian Canadian Award ceremony



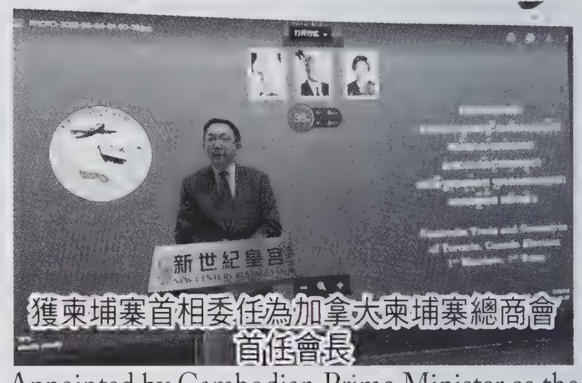
與安省潮州會館理事及董事於30週年晚宴
At 30th Anniversary gala of Chao Chow Association of Ontario with board members



獲多倫多警局頒發 20 年社區貢獻獎
Received Toronto Police's Outstanding 20 Years Community Service Award



獲安省頒發英女皇登基鑽禧勳章
Received the Queen's Diamond Jubilee Medal from Ontario government



獲柬埔寨首相委任為加拿大柬埔寨總商會首任會長
Appointed by Cambodian Prime Minister as the first President of Cambodia Trade & Commerce in Canada.



與國會議員伍鳳儀(中) 出席智愛中心籌款活動
Attended fundraising event of Cherish Integrated Service with MP Mary Ng (middle)



獲邀與前總理哈珀及政要前往北京出席APEC會議 Invited by former Prime Minister Stephen Harper to attend APEC in Beijing (2014)



出席於武漢舉行的國際潮團聯誼會Attended Convention of Teochew International Federation at Wuhan, China (2013)



獲頒安省好公民榮譽勳章，是歷來僅有兩位華裔得到的最高榮譽
Received Ontario Medal for Good Citizenship as one of the 2 Chinese recipients ever (2003-5)



支持警民一家親活動及獲多倫多警局頒發獎項
Awarded by Toronto Police in promoting community liaison



與各級政府議員出席惠仁會籌款及慶祝活動
With members of parliament and councillors at For People Community Support Association fundraising event



與太太李惠容(左二)出席潮州會館年度晚宴；女兒Kaitlin Wong (右二)為當晚表演嘉
At Anniversary gala of Chao Chow Association of Ontario with wife Vicky Lee-Wong (2nd left) and daughter Caitlin (2nd right) who performed at the gala



多倫多香港獅子會晚宴活動上進行捐款儀式
At a donation ceremony of Toronto Hong Kong Lions Club Gala



帶領安省潮州會青年組巡遊慶祝加拿大國慶
Leading the Chao Chow Association youth group at a Canada Day parade (2003)



女兒Caitlin黃嘉瑩獲林黃彩珍基金頒發獎學金
Daughter Caitlin Wong received 22nd Jean Lumb Awards Scholarship (2019)



率領安省潮州會青年組捐贈食品給食物庫
Leading the Chao Chow Association youth group in Food Bank donation (2005)

Lenny Wong

Through Good Times and Bad, A Ray of Light to Care for the Community and Brighten Up Life

He arrived in Canada over forty years ago as a refugee, beginning at entry level jobs, and becoming the President of Ocean Packers Inc., a successful business that he started on his own. With a passion for helping overseas Chinese and the community, Lenny Wong garnered multiple awards, including the Ontario Medal for Good Citizenship, with his achievement and contribution to the community. How he broke through the barriers of education and socio-economic constraints to achieve success may well be a blueprint for success for other Canadian immigrants.

Lenny is not embarrassed by his childhood nor does he shy away from discussing the hardships he endured. At the age of twelve he had to run from war torn Cambodia and became a stateless refugee. For him, many of the details are still vivid, the journey having taught him many invaluable life lessons, which motivate him to keep striving for a better tomorrow for himself and society.

Lenny Wong was born in Cambodia, a third-generation Chinese immigrant from Chao Chow. He jokes that entrepreneurship runs in his blood - his father and grandfather were both businessmen. He has always wanted to be in business but the Khmer Rouge genocide in 1975 forced his family to leave the country, landing first in Vietnam, then France. By his teens he had already experienced

all kinds of hardships from war, starvation to racial discrimination. But hardship did not deter Lenny - nothing could stop him from pursuing his life's ideals.

Accepting Fate, Creating Destiny

In 1980, eighteen year old Lenny came to Canada as a refugee, settling in Regina with his family. Six months later, he left for Toronto to look for better opportunities before reuniting his family.

Since he left school early, all he knew was simple English and French that he learned from an American teacher in Cambodia. He wanted more education, maybe even university, but as the eldest son he had to support his family.

Based on his education and background, his only assets were his hands and his physical strength. He got work in delivery, food service and the like, sometimes working three different jobs at once. Work, sleep and more work. Life for this twenty-something was far from partying and youthful high jinks.

Yet, his goal was predetermined, he never forgot his business aspirations, and waited for an opportunity to get out of a lifetime of manual labour. Or rather, he created his own opportunity - he began developing his network and credibility, researching, reading and saving money to start a business.

He was building a foundation for success. He came to appreciate the

way of life and success: self constraints, generosity towards others, not afraid to give in, never be petty but always keep in mind the bottom line and principles. Also, one needs to have perseverance, determination, dedication, and follow through; not give up easily, and not be afraid of setbacks. And there needs to be a plan, good preparation. This may sound like common sense, but it's easier said than done. To see it through could well mean the stuff of legends, as Lenny exemplifies.

Lenny seized an opportunity while working at a restaurant in 1983. When he learned about the rising costs of seafood, he started to look for suppliers of quality but reasonably priced seafood. When he found one in the southern United States, he went in person to meet with them, riding over 10 hours to get there on a GreyHound bus because money was tight. And perhaps it was this earnestness that impressed the company, which gave him a distributor deal, followed by his establishment of Ocean Packers. At first it was a one-man show, and he had to overcome all kinds of problems. But he persevered and the business gradually grew. Today it is one of the largest frozen seafood companies in Canada, encompassing farming, production, processing and distribution. There are also processing plants all over the world, and partnerships with suppliers and retail businesses to form a big production and sales network.

Helping as a Comrade Championing for a Common Cause

Lenny has never forgotten to help others since he started his

own business, especially when it comes to meeting the needs of the Chinese community. He said he wasn't really inspired by any specific great individuals but felt a lifelong calling to help. Even when he didn't have much, he was happy to share what he had. Besides, based on his own early experiences and seeing discrimination and inequities against Chinese, he feels that it is his duty to society to lend a helping hand.

Looking back at his community work, Lenny started with organizations associated with his home town Chao Chow. He has been an active member of the Ontario Chao Chow Association for many years, was President for over ten years, and is now a lifetime honorary President. The association's main mandate is to promote Chinese culture, unite Chao Chow villagers and serve the community. It also leverages the Chao Chow spirit of hard work, generosity and integrity to raise funds to help charitable organizations and disaster relief around the world. It was also the first Chinese community organization to set up scholarships.

Today, Lenny participates in over ten organizations, including Vietnamese Cambodian Laotian Community Services Association (Honorary Life President), Forpeople Community Support Association (Honorary Life President), Toronto Hong Kong Lions Club (President, 2019-2021), Chinese Cultural Centre Of Greater Toronto (Honorary Advisor), Alpha Education (Honorary Advisor), Yee Hong Community Wellness Foundation (Honorary Advisor), Mon Sheong Foundation (Honorary Governor), Support Enhance Access Service Centre (Board Director of Foundation) and

Toronto Police Service Chinese Advisory Council (Consultant).

In July 2022, the Cambodian government's Ministry of Commerce formally established its Canadian Cambodian Chamber of Commerce and Lenny Wong was appointed its inaugural president, with a mandate and endorsement by Prime Minister Hun Sen of Cambodia. Its objective is to promote Cambodian and Canadian trade, culture and business opportunities.

From these community connections it is clear that Lenny cares about services for diverse cultures, sectors, backgrounds and different ages, while he also supports organizations that are focused on Chinese history, culture, and rights.

He is open about feeling a bond with Canada having lived here for so many years. His biggest wish and motivation is for mainstream Canada to value the Chinese community, acknowledge their contribution and sacrifice, and to listen to the Chinese voice as a part of Canada. He wishes to be a supporter behind the scenes, he has no interest in politics although he supports Chinese politicians at all levels of government. He does so by first understanding their political platforms and work, then advocating for them to be guided by the greater good of the people.

Lenny's low key approach is seen in his quiet philanthropy, never hesitating to support community groups, charitable organizations and health care institutions in need.

In April 2020, in the early days of Covid when health care had a

severe shortage of medical masks, Lenny stepped up, responding to Dr. Joseph Wong's campaign to Stop Covid-19 by raising money for the first shipment of 200,000 medical masks. As one of the key organizers, Lenny went to Pearson Airport in the evening the masks arrived and worked all night to clear customs and prepare the masks for distribution, to ensure that frontline medical personnel could get these masks promptly.

In the past 20 years, Lenny's contributions have earned him numerous awards and recognition including the Ontario Medal for Good Citizenship (2003-2005), the Queen's Diamond Jubilee Medal (2012), The Platinum Jubilee of Queen Elizabeth II Medal (2022), 150 Anniversary Canada Day Achievement Award (2017), Outstanding Asian Canadian Award (2018), Toronto Police Service Outstanding 20 Years Community Service Award (2022), Canada Outstanding Contributions to Communities Award (2010) and 20 years Volunteer Service Awards (2020).

Lenny recalls that he first donated to World Vision to help children of developing countries. Now he hopes that his next step in life planning is to return to helping people with the principle of no borders, whether it's the Canadian Chinese community, mainstream society, or needy groups around the world. He would like to reach out to help in ways he can by working together with others and be a role model for the next generation.



Master of Ceremonies
Chinese Canadian Legend Award Gala

Ying Lu

Dr. Lu graduated from Queen's University with M.D and M.Sc in 1994. Dr. Lu completed her five-year Ophthalmology specialty training at the Department of Ophthalmology at the University of Toronto with six months Glaucoma subspecialty training under leading glaucoma specialists Professor Graham Trope and Professor Yvonne Buys at Toronto Western Hospital.

Upon finishing her training, Dr. Lu was inducted as a Fellow of the Royal College of Physicians and Surgeons of Canada. She is also a member of the Canadian Ophthalmology Society and a Diplomate of the American Board of Ophthalmology.

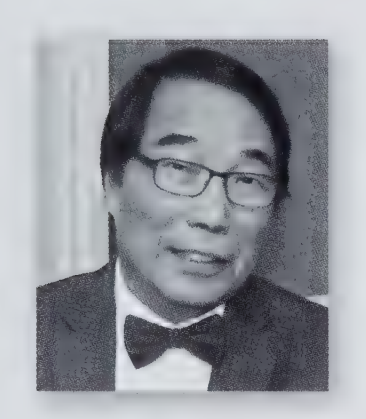
Today Dr. Lu is the Head of the Ophthalmology Division at the Scarborough Health Network and an assistant Professor at the University Of Toronto. Dr. Lu is fluent in English, Cantonese, Mandarin and Shanghainese.

On August 24, 2015, Dr. Lu performed the first Laser Cataract surgery at the Toronto Scarborough Hospital, the first Laser cataract surgery done in an Ontario Province Public Hospital. Dr. Lu specializes in laser and cataract surgeries for glaucoma and cataract patients at her clinic in Toronto. She was one of the first ophthalmologists in North America to implant multifocal intraocular lenses (IOLs).

In addition to her clinic and surgical practice, Dr. Lu is an professor at the Faculty of Medicine and the Department of Ophthalmology and Vision Sciences at the University of Toronto where she teaches the next generation of ophthalmologists and physicians . Dr. Lu received the University of Toronto MD Program Teaching Excellence Award in recognition of her outstanding teaching for two consecutive years of 2019 and 2020.

In addition to practicing ophthalmology and teaching, Dr. Lu regularly volunteers for the community including the ORBIS international Flying Hospital, SHN Foundation, Canadian Chinese Legend Association, Annual Canadian Cancer Society fundraising Galas, CareFirst Seniors & Community Service Association, the Mount Sinai Hospital ophthalmology outreach program and Action Chinese Canadians Together (ACCT) Foundation and other charity organizations for her community and country.

For Dr. Lu's achievements and contribution to Canadian society, Dr. Lu is the recipient of Chinese Canadian Legend Award in 2008. In 2019, Dr. Lu was awarded the Ontario Volunteer Service Award by the Ontario Government for her long-standing volunteerism. Most recently on June 10, 2022, Dr. Lu received Queen Elizabeth II Platinum Jubilee Award for her outstanding public service and significant contribution to the community.



Master of Ceremonies
Chinese Canadian Legend Award Gala

Stephen Siu

Over the last three decades, Canada has given Stephen Siu ample opportunities to contribute in different capacities -- as head of public relations with the Hong Kong Economic and Trade Office in Canada, as executive director of the Chinese Cultural Centre of Greater Toronto, and currently as president of Yee Hong Community Wellness Foundation.

Stephen held senior editorial positions with the United Press International and Reader's Digest in his early years in Hong Kong. He also orchestrated publicity for many major cultural events there, including the Festival of Asian Arts and Hong Kong International Film Festival.

Since settling down in Toronto in 1988, Stephen has taken up many volunteer positions to serve the community. He was a "volunteer" current affairs program host with Shaw Cable TV; a board member of the Chinese Information and Community Services, and the Metro Toronto Volunteer Centre; public relations chair of "Serve Canada"; trustee of the Scarborough Grace Hospital, and a director of the TELUS Community Board. When Toronto was hit by SARS in 2003, he led the secretariat of the Community Coalition Concerned About SARS formed by 62 community and business organizations.

Currently, he is the chair of the Chinese Canadian Photographic Society of Toronto, the patron of the Ontario Cross-Cultural Music Society, and the chair of CanAsia Creative Exchange. He is also an advisor of the Canada-Hong Kong Library of the University of Toronto.

Stephen was given the Rotary's 4-Way Test Award in 2008 for being a role model in the community. He was presented with the Chinese Canadian Legend Award in 2009 by the Lt Governor of Manitoba. In 2010, he was awarded the Arbor Award from the University of Toronto for his outstanding voluntary service. He was also awarded the Canadian Senate 150 medal and the House of Commons "Canada 150" medal.

編者感言

何湯淑芬
紅楓傳奇編輯

二零一九年的紅楓傳奇廿載慶典之後，由於新冠病毒侵襲全球，世界彷彿完全改變了，經濟停滯不前，人和事都產生了許多變化，從沒想到人與人之間見面原來可以這麼困難，面對面交談都要戴上口罩，握手也要改變方式……有太多的意想不到，更有不少人突然離世，道別也來不及，令人不勝唏噓。

紅楓傳奇人物選舉，也因此延期了兩年才復辦。雖然礙於環境限制，但紅楓精神依然持續，繼有獲獎人士為社區籌募防疫物資，亦有在困境中發動網上籌款幫助慈善團體、弱勢社群，在逆境中發熱發光，令人振奮。

今年欣逢疫情放緩，紅楓傳奇協會再度舉辦紅楓傳奇人物選舉。得獎人各具特色：有是先僑嚐盡人頭稅之苦的後代，融入社會、出人頭地、承先啟後；有以動感帶動大眾，無分種族享受藝術的真善美；也有秉持絕不放棄，憑信仰積極面對，以生命影響生命；有迎難而上的，重新裝備自己，寫上新的一頁；有透過勤學鑽研，達致理想，造福人群；更有是從移民艱苦中走過來，仍不忘栽培後來者、回饋社會。

因此今屆得獎人物，各有值得我們學習之處。紅楓傳奇協會將其故事集結成書，激勵人心。願你我都能細心欣賞，在品味各人的成果之餘，獲得更多的啟發。

MESSAGE FROM ARTICLE EDITOR

Everything feels both different and the same as the Editorial Committee works through the 21st edition of our CCLA book. Zoom or phone interviews replace face to face meetings. Post-pandemic, we have a compressed schedule. It has been my pleasure to work with experienced writers Annie Jin and Clorie Ng, and a new addition to the writing team: Louise Lue-Chan, who looks after the article translations. Their proficiency and tremendous work make my job a breeze.

I have been working on the CCLA book editions since 2007, and in addition to working with Chinese Canadian Legend Award Association, I also sit on the board of Community Family Services of Ontario (CFSO 家和) and help out on the Daffodil Ball Organizing Committee.

As a professional corporate director, having completed the Director Education Program at the Rotman School of Management, I served on the Board of CAA South Central Ontario for twelve years. My information technology career spanned close to thirty years with Toronto Hydro Corporation, where I was Vice-President and Chief Information Officer overseeing the amalgamation of six Toronto area utilities and the deregulation of Ontario's electric distribution industry. With no writing or editorial background, taking on the post of article editor for the CCLA book is both challenging and rewarding, as I get to learn the inspiring stories of these six amazing individuals recognized as 2022 Chinese Canadian Legend recipients. I hope you have enjoyed reading through their stories, as I have.

Connie Woo



作者簡介 WRITER

金綺文 Annie Qiwen Jin

Annie Jin is currently a freelance writer and translator living in Vaughan, Ontario. She has over 20 years' experiences in the field of public relations and communications, in both Chinese and Canadian government and transnational corporate environment as well.

Annie has published a number of writings on various media platforms including FT Chinese. The topics she writes on cover a wide range from cultural to social and political issues. She has also published translation works.

Annie holds a MA in Cultural Studies from Goldsmiths College, University of London, U.K., and a MA in English Language and Literature from Yunnan University, China. She was a Chevening scholar of Year 2002.

金綺文目前居於安大略省旺市，從事自由寫作和翻譯。她曾在中加兩國政府部門和跨國企業工作過，在公共關系和傳播領域擁有超過20年的經驗。

她在英國《金融時報》中文版等多家媒體平臺上發表過多篇作品，並出版過翻譯作品。她寫作的範圍涵蓋文化、社會和政治議題。

她曾是2002年英國誌奮領學者，擁有英國倫敦大學歌德史密斯學院的文化研究碩士學位和中國雲南大學的英語語言文學碩士學位。



作者簡介 WRITER

余嘉穎 Louisa Yue-Chan

Louisa was born in Hong Kong and moved to Canada in her teens. After getting an undergrad degree in Food and Nutrition at Western University, she completed a dietetic internship at St Michael's Hospital in Toronto.

She has lived in Toronto eversince, where she worked in first, clinical, then later, administrative Dietetics at The Donwood Institute, an addiction treatment hospital. In 1996, Louisa started part time MBA studies at the University of Toronto, where she focused on organizational development and culture.

When Donwood merged with three other hospitals to become the Centre for Addiction and Mental Health (CAMH), Louisa co-chaired a Culture Committee, with representatives from all four hospitals, to understand and bridge all the subcultures of the four hospitals that merged to become CAMH.

Upon graduating from the University of Toronto, Louisa transitioned to occupational health and safety consulting for almost a decade before eventually returning to health care. She worked in operations management at the Victorian Order of Nurses, Canada's largest home and community care, until her retirement in early 2022.

In retirement Louisa keeps busy with Tai Chi, Pilates, hiking, online courses, volunteer work and travels whenever possible. But her greatest joy comes from her three grandchildren who keep her young with their curiosity and imaginative play.



作者簡介 WRITER

吳翠儀 Clorie Ng

Clorie is a communication specialist working as a writer, translator, interpreter, teacher, and editorial consultant. Her love for words and literature sparked off a journey of studies in journalism and public relations in University, followed by a career that spanned across the mass media, public and private corporations in Hong Kong, the United States and Canada.

Her creative edge has also taken her into a wide array of projects and publications, including her own poetry collection, film scripts, translated works, media columns, publications, language training materials, and environmental books and writings.

Currently based in Toronto, she continues to work independently in offering editorial, translation and interpretation services. She also avidly supports initiatives that care for needs of community, sustainability of environment, and spirituality of fellow beings.

從事寫作、編輯、翻譯、語言培訓及傳訊顧問工作多年。自畢業於大學新聞系以後，曾在港、美、加任職多間傳媒及企業機構，並為多份報章、雜誌及出版機構編撰、翻譯文章和刊物，以及參與電視、電台等多媒體節目製作。此外，亦曾創作個人作品，如詩集、劇本、語言教材及環保刊物等。

現時於多倫多以特約形式為不同機構、團體、及個人提供專業服務，同時透過工作網絡和義務工作參與各種社區活動，尤其支持關愛社群、保育大地和提升身心靈健康的團體與工作，希望以專業知識、實際經驗和創意去服務社群、回饋社會。



Chinese Canadian Legend Award Gala   November 16, 2019

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Selection Committee Meeting 2022



2022 Chinese Canadian Legend Award Recipients:

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Chan Hon Goh
Danny Leung
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泰然處逆懷希望 以愛為綱締傳奇

Life goes on Love wins all

The book cover design is to convey this year's theme "Life goes on, love wins all". The maple tree represents life and growth. It stands strong and is unwavering in the face of all tough challenges like strong wind, fierce lightning or heavy rain. The warmth from the sun provides hope, love and positive energy to the maple tree.

封面設計之意念是彰顯今年的主題 "泰然處逆懷希望以愛為綱締傳奇"。紅色的楓樹象徵生命和成長，即使面對艱難挑戰，風狂雨驟，電閃雷鳴， 但是陽光煦煦温暖大地，給予希望，愛和正能量， 令紅楓處之泰然，屹立不倒。



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